READY TO ENGAGE

# ‘Partisan politics actually does nothing, especially for poor people’

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Toronto metro

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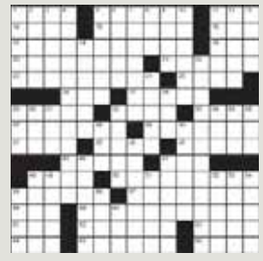

PUZZLES AND FULL ANSWERS INSIDE TODAY

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Josh Donaldson gets a shower from Ben Revere after hitting a game-winning home run against the Tampa Bay Rays on Sunday. FRANK GUNN/THE CANADIAN PRESS

# DRENCHED IN VICTORY

JAYS MAGIC NUMBER: 4

## JAYS FANS TREATED TO A BIG WALK-OFF WIN

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metroNEWS

# Ontario failing domestic violence victims

ABUSE

## Toronto agency raises alarm for women they say are in danger

Ontario’s court-ordered domestic violence program is endangering the safety of some of the women it was designed to protect, veteran program leaders have told the province’s attorney general.

It is too often being used in place of a criminal conviction and jail time, creating a false sense of security, according to the head of one Toronto agency formerly in charge of overseeing the program, and another leader in domestic violence said the situation has reached a “crisis.”

Partner Assault Response programs are group counselling services overseen by the Ministry of the Attorney General and delivered by community agencies across the province, where men meet once a week for 12 weeks.

The program was originally designed as a way to hold first-time or less-violent offenders accountable without clogging the court system with cases unlikely to result in a conviction.

More than two dozen provincial agencies and experts have raised the alarm to the ministry, writing to complain about funding changes and recent cuts to the program’s length, plus the fact the program has no system to determine if it is working.

Harmy Mendoza, executive director of the Women Abuse Council of Toronto (WomanACT), wrote to the ministry in March describing “a revolving door system that may not be protecting victims after all.”

Mendoza reported that her agency had tracked an increase in the number of dangerous men being released on what is known as a conditional discharge, or through another option known as a peace bond. That means after a period of good behaviour they will end up without a criminal conviction.

It also means they are sent home to live with their partners and do not face the stricter supervision that would follow a conviction, she said.

Despite what Mendoza and others have witnessed, ministry rules stipulate that high-risk men should face a conviction first and then can be sent to a program as part of probation.

A ministry spokesman said they are trying to improve the program using a two-year “staged initiative” that started a year ago.

WomanACT used to handle program intake and referrals for nine agencies from five courts across Toronto. They also tracked and reported trends to the ministry, such as an increase in dangerous men being sent to the program rather than facing a conviction, back to 2009. The ministry, Mendoza said, told them that was not part of their contract.

Board co-chairwoman Carla Neto said their position gave them a bird’s-eye view of a broken system. “At one point you need to decide whether you want to be part of that train wreck or not … we didn’t want to stop,” said Neto. They cut ties with the ministry in March because the government funding wasn’t enough to pay their staff.

TORSTAR NEWS SERVICE

metro NEWS

Your essential daily news

Quebec to rename sites with N-word. **Canada**

HEALTH

# Handbook unpacks concussion recovery

William Buckingham knew right away his daughter had a concussion.

Lindsay Buckingham, a goalkeeper playing with the Toronto High Park Football Club, had been taking part in drills with a coach at Eglinton Flats last summer when something went wrong.

Her coach tossed the ball toward the net, but when Lindsay went to catch it, the ball kept spinning.

"I tried to catch the ball, and it hits me below the jaw — so, under my chin, and throws my head back," said Lindsay, 13.

"I automatically got dizzy and lightheaded."

Buckingham, who had been watching from the sidelines, knew his daughter's "fuzzy" head meant she had taken too hard a hit.

Buckingham, who suffered a severe concussion in November 2012, knew how to help his usually active daughter recover from the injury, but noted some parents might not recognize the symptoms.

That's why a Toronto hospital created a kid- and parent-friendly concussion handbook to unpack what a concussion is and to put recovery tips at families' fingertips.

"It's brilliant," Buckingham said. "It's simple, and when you're dealing with those symptoms ... I would not have wanted anything complicated."

The handbook, created by experts at the Holland Bloorview Kids Rehabilitation Hospital, was released this week. It's designed to be an easy read for both kids and parents, who might not understand how small daily strategies — like prioritizing tasks to conserve healing energy — can help the brain get better.

**Lindsay Buckingham**
TORSTAR NEWS SERVICE

"What we need to do is give these kids strategies on what can they do in their day-to-day in the meantime, when they're not feeling better," said Nick Reed, a clinician scientist and occupational therapist at Holland Bloorview Kids Rehabilitation Hospital.

The handbook comes after research released in December showed that an increasing number of youth are being treated for concussions.

The manual is responding to a growing appetite for help with concussions, according to Jennifer Smith, president of the Toronto Leaside Girls Hockey Association, whose daughter suffered a concussion twice.

"Any time a child is ill or injured, it's frightening for a parent.... What the handbook provides is, I think, knowledge but also comfort, because you are given some tools, you are given some explanations."

TORSTAR NEWS SERVICE

# Feathers ruffled by animal services deal

RICHMOND HILL

## Pest company not licensed as rehab centre: T.O. shelter

**Luke Simcoe**
Metro | Toronto

The Toronto Wildlife Centre is questioning why Richmond Hill is poised to turn part of its animal services contract over to a pest control company, saying the decision could hurt both taxpayers and animals.

Richmond Hill recently issued a request for proposals for its animal control and shelter contract. The existing contract, held by the Ontario SPCA, expires in October.

The wildlife centre applied for the job, but a staff report recommends returning the bulk of the work to the OSPCA and awarding K9 Pest Management Group portions of the contract pertaining to the wildlife hotline as well as shelter and rehabilitation of wild animals.

Nathalie Karvonen, the wildlife centre's director, has a number of concerns. One of the biggest is that K9 Pest Management Group is not listed on the province's database of licensed wildlife rehabilitators.

**A Northern Saw-whet Owl is examined at the Toronto Wildlife Centre. The centre's director says a pest control company primed to be awarded a services contract may not be able to care for wild animals like owls or coyotes.** FRANCIS WALLACE/TORSTAR NEWS SERVICE

The Toronto Wildlife Centre's bid for the two-year contract was less than $80,000. K9 — which did not return calls from Metro — set a price of $105,600.

"We've been doing this for over 20 years," Karvonen said. "So if you have the option of choosing the organization with experience, why wouldn't you do that?"

If groups awarded the contract cannot adequately handle wildlife issues, Karvonen is worried the extra work will land on her doorstep.

"The funding will be given to another organization, but the service won't be available unless we do it for free," she said. "As a charity that runs on donations that feels a little bit unfair."

> **"This isn't about us having more work. We're just trying to ensure there's a good response.**
> Nathalie Karvonen

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**WOOFSTOCK EUROSTYLE** Bane, the Italian Mastiff/English Bulldog mix, sports a pair of shades as he takes in the excitement during Woofstock at Woodbine Park in the Beaches neighbourhood Sunday. IRENE KUAN/METRO

DOCUMENTARY

## Wynne film to show new view of scandal

A dramatic fly-on-the-wall documentary about Premier Kathleen Wynne — filmed at the height of the Sudbury byelection controversy — will finally be broadcast on CTV's W5 next month.

Entitled Premier: The Unscripted Kathleen Wynne, the film was supposed to air in June on TVOntario but the province's public broadcaster pulled the plug after the director quit over journalistic concerns.

Three months ago, Torstar viewed a 59-minute "rough cut" depicting scenes of a besieged Wynne coping with the Sudbury scandal that eventually led to criminal charges against a Liberal activist Thursday.

Anton Koschany, executive producer of the award-winning W5, said a final 40-minute version will hit the airwaves on Oct. 10 at 7 p.m. "To have that kind of access inside the halls of power is fantastic,"he said.

TORSTAR NEWS SERVICE

# Deficiencies blamed on tight deadlines

DOWNTOWN DEVELOPMENT

### Students complain of clogged toilets, old carpets

Steven Goetz
Metro | Toronto

The developer of a student apartment building that's generated a host of complaints says the project was finished on a "compressed timeline."

David Lehberg, president and CEO of Knightstone Capital Management, told Metro his company considered waiting until August 2016 to open Parkside Student Residence. Instead, they decided to renovate the former Primrose Hotel at Carlton and Jarvis in just six months to be ready for this year's crop of students.

"Most of the rooms are great," Lehberg said. "If rooms are deficient, we want to hear about it and fix those issues."

Students have told Metro there are plenty of deficiencies. When the building opened — about two weeks later than planned — students said they found clogged toilets, crumbling ceilings and what looks like rushed construction on the upper floors of the 23-storey tower.

Lehberg said he toured rooms after hearing of student complaints. Some old carpet on floors 14 to 21 needs to be replaced and plumbing issues were addressed. Other than that, things look fine, he said.

"The space is stunning," he told Metro. "There is no student residence like this in Canada."

"You don't want a building where everyone gets the same thing," Lehberg said, when asked to explain the differences between rooms on lower floors — which resemble the company's chic online promotional material — and upper floors that still bear features from the old hotel.

"There's different pricing reflected in the quality of the suites."

A few floors are still being renovated and when they are finished, Lehberg said, the company will consider moving students not satisfied with their current room.

Students, meanwhile, said they were in the process of filing complaints with the Landlord and Tenant Board last week in hopes of getting rent reductions.

Lehberg said tenants are already getting a break.

"We cut our rates across the board 25 to 30 per cent, knowing that it might not be perfect given the compressed timeline," he said.

The developer said he takes personal responsibility for the missed move-in date, which resulted in Knightstone spending "well in excess of $1 million" on hotels and shuttle buses to get students to campus.

That delay, Lehberg said, was needed to install a new fire system he insisted on, even though the existing system met building code requirements.

"I stand by that. It was the right thing to do," he said. "My only regret is that we couldn't put everyone up in the downtown core but we couldn't find the rooms.

"But I promised everyone would have a safe place to sleep. And they did."

**Some of the work seen at Parkside Student Residence.** STEVEN GOETZ/FOR METRO

### MANAGEMENT COMPANY PARTNERS CONFIDENT IN KNIGHTSTONE

The Parkside development was a private venture without ties to a specific school.

But, post-secondary institutions involved with Knightstone say they're confident the developer will deliver their projects on time and on par.

Knightstone is working on a private student residence at 245 College St., adjacent to the University of Toronto.

The 25-storey development is not directly affiliated with the school, although the majority of tenants are expected to be U of T students. The land also belongs to the university, which has signed a 99-year lease with Knightstone.

Beyond that, the school has no control over the project, said spokeswoman Althea Blackburn-Evans.

"When developers have delays, hopefully they learn from those delays," she said. "Hopefully that doesn't happen again."

Knightstone is also partnered with Centennial College to deliver a 740-bed residence in Scarborough.

Susan Brooks, Centennial's associate vice-president of corporate services, said the college has full oversight of the project and has "no concerns."

LUKE SIMCOE/METRO

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CRIME

**Trio charged with murder**

Peel Regional Police say three suspects have been charged over the death of a 53-year-old man.

Officers responded to a report of an assault on Sept. 24 at the rear of Westwood Mall in Mississauga and found Madad Kenyi with mortal injuries. All three suspects have been charged with second-degree murder.

THE CANADIAN PRESS

VAUGHAN

# Man and child dead, two kids critical in three-vehicle crash

A nine-year-old boy and a 65-year-old man have died after a three-vehicle crash at the intersection of Kirby Road and Kipling Avenue in Vaughan on Sunday afternoon.

According to Vaughan Fire Services, at least four people — including three children — were without vital signs when emergency responders arrived at the scene around 4 p.m.

One of the vehicles involved had a single male driver. Police said his vehicle, a black SUV, struck a van carrying a man and three children younger than 10. Two of the children in the second vehicle remained in critical condition Sunday evening.

"When we arrived on location, we had multiple people trapped," said District Chief Brian Culp.

A white Mercedes was also struck in a follow-up collision. The two women inside were transported to hospital. Both were in stable condition.

York Regional Police Const. Andy Pattenden told reporters that one of the drivers, a male, has been arrested on suspicion of impaired driving causing death. Pattenden later said that the driver will appear in a Newmarket courtroom Monday morning.

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**Michel Chikwanine will launch his book next week in Toronto. He'll also address the UN early next month.** GILBERT NGABO/METRO

# New life for child soldier

REFUGEES

## Man chases his dream despite memories of torture, blood

**Gilbert Ngabo**
Metro | Toronto

One of the earliest memories of Toronto for Michel Chikwanine was the absence of gunshots.

"There was just a sense of peace that I had never felt before," said Chikwanine, 27, an African Studies undergraduate student at the University of Toronto. "Part of it was also knowing that finally you are fine, you are safe, no one is running after you to kill you anymore."

Sounds of bullets and bombs had become like "a musical" to him for most of his childhood. Born in eastern Democratic Republic of Congo, Chikwanine was only five when he and a group of soccer friends were rounded up by militias and forced to become child soldiers. He was forced to kill some of his friends and endured pain and hardship "beyond imagination."

A big part of what drives Chikwanine's work today is the desire to never see any other child forced into combat. His graphic novel Child Soldier: When Boys and Girls Are Used in War will be launched next week at the Toronto Reference Library. Retired general and senator Romeo Dallaire will be in attendance.

One of his most painful memories was when, after he escaped the militia and rejoined his family, the rebels attacked his home and raped his mother and sisters. His father had been kidnapped and tortured for his activism, and the rebels wanted his family to suffer.

"They slashed my left cheek as a reminder to my dad to stop saying anything or else they'd continue to hurt my family," he said, showing the scar on his face and many more on his arms.

The family eventually fled to Uganda, where his father died. A refugee application brought Chikwanine, his mother and one sister to Canada in 2004.

> **"There are times when I go for a week without being able to sleep properly.**
> Michel Chikwanine

Today, Chikwanine is an ambitious man. He dreams about creating a football/soccer academy in his home country. He wants to continue studying and hopes to someday become a diplomat or rights advocate.

Most importantly, he tells his story to let humanity know there's a way to help.

"Child soldiers are a result of other things," he said. "If we tackle poverty and made universal education a priority, we'll be dealing with child-soldier issues the best way."

Siri Agrell is joining the mayor's office. LIZ BEDDALL/METRO

POLITICS

## Mayor hires Wynne's ex-aide

A former senior aide for Premier Kathleen Wynne and urban affairs stalwart is joining Mayor John Tory's office.

Siri Agrell, who first worked as a journalist for more than a decade, will join the mayor's office starting Monday as director of strategic initiatives, working on strategic direction and long-term communications with the public and various stakeholders.

As a private citizen, Agrell has been credited with helping the mayor's office with strategy on recent controversial topics, including with his turnaround in speaking out against the police practice of carding and on deciding not to bid for the 2024 Summer Olympics.

A source with knowledge of the hiring said the mayor's office is glad to have a "progressive" voice and "another strong woman" added to the team.

Agrell first entered the political scene after leaving her reporting role at the Globe & Mail, where she focused on national urban affairs.

She joined Wynne's team at Queen's Park as a senior communications staffer in 2012 when the now premier was still minister of municipal affairs and housing and minister of aboriginal affairs. Agrell stayed with Wynne when she launched her successful 2012 Liberal leadership bid. Agrell returned to Queen's Park with Wynne as her deputy director of communications, overseeing speech writing and strategic communications.

The former Liberal staffer described herself in an article Huffington Post published last year as "not a partisan."

"I look for politicians who are smart, reasonable and progressive," she wrote in the post describing why she was backing mayoral candidate David Soknacki during the 2014 election.

Tory's spokeswoman Amanda Galbraith would not confirm the addition.

TORSTAR NEWS SERVICE

# Businesses not digging Crosstown LRT delays

EGLINTON AVENUE

### Once thriving ventures are struggling to stay afloat

Jessica Smith Cross
Metro | Toronto

News that construction of the Eglinton Crosstown LRT will continue a year longer than expected threw restaurateurs Vera and Edward Nirman into a tailspin of panic and worry.

"I don't know," Edward said, "maybe we will close tomorrow. I cannot survive like this until 2021."

The Nirmans have run their Russian restaurant, Vera's Kitchen, in the same spot — on the north side of Eglinton east of Yonge — for 25 years.

The pair seemed frantic as they described how during the last three years of Eglinton Crosstown construction their once comfortable profits have turned into losses of $2,000 to $3,000 a month.

They can't afford to hire help, so they're working 12-hour days, seven days a week.

They're paying high taxes on the sunny sidewalk patio that customers no longer sit on because of the dust and noise, they said.

Their situation is bad, but it's not universal.

Small businesses are reacting to the crosstown delay with everything from the Nirmans' panic to calm acceptance.

About 20 blocks west of Vera's Kitchen, Joey Catina's Angel Group Salon is also hidden behind construction fencing. There's almost no pedestrian traffic because access to Eglinton West Station has been cut off on the north side of the road.

Still, Catina's been able to continue drawing healthy numbers.

He's been in the area 16 years and has built some loyal customers. Plus, he made up for the ones he lost by opening an espresso bar in the front portion of salon a year ago.

"We've made the best of a bad situation," Catina said.

The espresso bar's clientele is almost entirely construction workers. One of the well-caffeinated workers told Metro he's in there eight times a day for espresso.

Nigel Chambers, who owns a barbershop in the same block, said he hasn't weathered the construction as well.

He opened two years ago, just before construction started in earnest and has suffered without the regular foot traffic a new business needs to get going, he said.

"Hearing that it's going to be extra years means extra headaches and less money," he said.

Nigel Chambers' barbershop on Eglinton Avenue West is among the small businesses hurting from a lack of foot traffic on the stretch thanks to construction. JESSICA SMITH CROSS/METRO

**EFFECTS**

Maureen Sirois, chair of the Eglinton Way Business Improvement Area, which represents businesses on the strip of Eglinton West between Chaplin Crescent and Oriole Parkway, said the construction has come in waves, settling in different blocks for different times, making things worse for some businesses than others.

The whole stretch of Eglinton has suffered from an increase in closed storefronts, a blight that tells people there's no confidence in the area, she said.

For Sirois, the crosstown delay didn't come as a surprise. Deadlines have been missed since the project started, she said.

"It's a problem, and it's going to extend the problem."

UNIVERSITY OF TORONTO

## Student union sues over severance pay

The University of Toronto students' union is launching a lawsuit against its former executive director and two former officials, alleging they conspired to defraud the group of hundreds of thousands of dollars in unwarranted severance and overtime payouts.

**$277,508**

**The union says it wants the three to return the $277,508.62 paid out to Hudson and jointly pay $200,000 in damages for breach of fiduciary trust.**

In its statement of claim, the union says former executive director Sandra Hudson filed for about 2,000 hours of overtime she was not entitled to in April — just weeks before her contract was inexplicably terminated by the outgoing president and vice-president.

The document alleges then-president Yolen Bollo-Kamara and then-vice-president Cameron Wathey approved the overtime and agreed to fire Hudson so that she could enjoy an "excessive severance package" that included two years of salary.

The allegations have not been proven in court and it's unclear if all defendants have been served with the claim. They have not yet issued a statement of defence.

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ADVANCING GENERICS

# Filmmakers merge art house and grindhouse

PRODUCTION

## Off-the-cuff, low-budget style creates 'feast for the senses'

**Toronto indie cinematographers Joe MacKinnon, left, and Carlo Schefter are a busy duo, currently working on an album with their band Innerpulse and pitching an animated series called Tales of the Bizarre.** NICK KOZAK/FOR TORSTAR NEWS SERVICE

Carlo Schefter and Joe MacKinnon say they're kidding about the maple syrup in the fake blood.

But the Toronto indie filmmakers behind PM Pictures are sincere in wanting to further a particular style of movie-making with their "Canadian grindhouse renovation" trilogy.

The idea is to "merge art house and grindhouse," said Schefter, 27, who was in Caledon last week with MacKinnon, 26, shooting '70s-inspired Hippypocalypse, the first of three genre shorts.

Next they film Love Hurts — about a death-wish gumshoe named Bruce Love — and finally Illuminatus, about the conspiracy behind the conspiracy. Or they may end up making twisted stockbroker thriller Yuppie Scum.

Around for decades, grindhouse is named for the 24-hour movie houses in New York and L.A. that screened low-budget exploitation films on a non-stop rotation. Big on retribution, sex and mayhem and low on production values, the style gained a new audience when Robert Rodriguez and Quentin Tarantino released their double-feature film Grindhouse in 2007.

So what makes homegrown grindhouse uniquely ours?

"There's perhaps an intellectualism that might be lacking in the American side of things," explained MacKinnon, who co-writes the scripts with director-editor Schefter.

It's "a thinking person's grindhouse," offered Schefter. Think of it as a Great White North take on what he calls the "tongue-in-cheek, blood on the walls" style of grindhouse.

Schefter and MacKinnon see the ultra-low-budget, off-the-cuff style of these films, with their untrained actors and simple production, as a forgiving way to make movies.

"It's a style you can pull off," Schefter explained. "There's a lot of beautiful underground cult films from the '60s and '70s that we would source for esthetic inspiration."

Said Schefter: "We want to make something interesting, something that is a feast for the senses but also makes people ... feel things that have emotional depth — but also something that's completely insane and entertaining."

TORSTAR NEWS SERVICE

### INSPIRATIONS

Carlo Schefter and Joe MacKinnon credit these films and filmmakers with helping them in their quest to further Canadian grindhouse films:

**Hobo With A Shotgun:** Halifax filmmaker Jason Eisener is "the bedrock for Canadian grindhouse." His contest-winning fake trailer (made with Rob Cotterill and John Davies) for Hobo With A Shotgun landed him a spot during 2007 screenings of the double-feature movie Grindhouse. It had its world premiere at Sundance in 2011 and made Canada's Top 10 list that year.

**Rutger Hauer in Hobo with a Shotgun.** MICHAEL TOMPKINS/ TORSTAR NEWS SERVICE

**Kung Fury:** Swedish writer-director and star David Sandberg's crowd-sourced 30-minute movie spoofed 1980s action flicks and premiered at the Directors' Fortnight at Cannes 2015. Released on YouTube, it features a murderous video game, kung fu masters, dinosaurs and Nazis.

**TDA Global Cycling participants in the organization's first expedition from Cairo to Cape Town in 2003.** CONTRIBUTED

ADVENTURE

# Cycling group eyes trek to South Pole

**Gilbert Ngabo**
Metro | Toronto

Figuring out what your 2016 new year's resolutions will be? How about a cycling trip to the South Pole?

A Toronto-based cycling group is announcing on Monday plans to lead a 30-strong cluster of bikers from the True North all the way to the South Pole next year. It's a daring adventure, but organizers say they're taking every measure to ensure it all goes smoothly.

"It definitely has to be safe and fun for participants," said Henry Gold, president and managing director of TDA Global Cycling.

He should know. In 2002, when he was working in Ethiopia, Gold — who says he was just a commuter cyclist — was intrigued by the common use of bicycles. If cycling was part of so many people's lives, surely they could do something bigger, he thought. He then talked to people about organizing a transcontinental bike expedition.

"At that time, everyone thought I was out of my mind," he said, adding that he almost laughed at the idea himself.

A year later, 31 people joined him on a month-long tour from Cairo to Cape Town. At the end of it, people were "tired, exhausted and hungry," he said. But most were determined to continue the adventure, and that's how TDA Global Cycling was born.

Today, the company has seen over 1,300 people participate in tours traversing more than 60 countries. They've organized and run cycling excursions in the Hippie Trail (from Delhi to Goa), the Silk Route (from Beijing to Istanbul), the North American Epic (from Anchorage to Mexico City) and the South American Epic (from Cartagena to Ushuaia), among other places.

> **"Many more just want to experience the joy of riding a bike the longest way possible."**
> Henry Gold

The South Pole trip will be the longest they've organized, and participants will undergo a week of training on Lake Winnipeg in February. Though it might seem scary, these long expeditions bring benefits to those who participate, said Gold.

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JAYS ON THE ROAD **PART I A Fan's Guide To Baltimore**

Jays fans Hudson Harding and Brendan Frouws in Houston in May. CONTRIBUTED

# Jays fans hitting the road

MLB

## Torontonians flock to distant cities to watch their team play

Steven Goetz
Metro | Toronto

With the Jays making a historic run at the pennant, fans are travelling in droves to see the team play.

"This season the response has been tenfold," said Tim Macdonell, owner of GTA-based Elite Sports Tours, which organizes travel packages for sports fans. "Once they traded for Tulowitzki and Price, fans started going crazy."

Macdonell's company has organized road trips to Cleveland, Boston and Seattle this season and flown fans to Toronto from Newfoundland, Quebec, Alberta and British Columbia.

"You can see the support from across the country with the fans getting behind the team," Macdonell said. "It's absolutely electric."

The company is already making plans for bus trips should the Jays meet the Yankees in the American League Division or Championship series.

For Macdonell, whose father took him to every Sunday home game as a kid, the team's success has reignited memories of those back-to-back World Series Championships in 1992-93.

"That I will be able to take my father to a playoff game is something special," he said.

Ryan Barbour, a 17-year-old Jays fan from Winnipeg, wasn't alive the last time the Jays were in a position to take the division. But the excitement of a pennant run isn't lost on him.

> **That I will be able to take my father to a playoff game is something special.**
> Tim Macdonell

"I dream of a World Series victory," Barbour said.

His dad took him on a road trip to see the July series against the Kansas City Royals — a favourite to make it to all the way. Barbour said his hotel was packed with Jays fans.

"Walking through the concourse in Kauffman and seeing so many other people wearing Jays apparel and cheering on the team was an experience that I'll never forget," Barbour said.

Trevor Harding flew in from Calgary on Friday with his 7-year-old son and wife to watch the Jays play Tampa.

This season, the family has travelled to see the Jays play in Anaheim and Houston. In Anaheim, they sat behind the Jays dugout with George Stromboulopoulous, the Sheepdogs, "a bunch of Canadian Hollywood types and a bunch of regular Joe Jays fans," Harding said. "We were all one. Just Canadians and baseball fans.

"I've been a fan since Doug Ault hit two home runs in the team's first home opener," he said. "I lived through the lean years, then '85 to '93 when we were kings, and 22 more lean years.

"To see all the new fans now and electricity is simply awesome," Harding said. "I have to follow it. You never know when this chance may come again."

KNOW YOUR HOSTS

## You're in their Yard, now

**The Jays' last road trip of the season starts today in Baltimore. With so many fans hitting the road, it's probably best to know a thing or two about the way things work at the Orioles' Camden Yards.**

1. **ANTHEM** Orioles fans famously shout "Ohhhh!" during the first and second last line of the Star Spangled Banner. Locals also know the song was written about the bombardment of Baltimore in the War of 1812.
2. **COUNTRY BOY** Since 1975, the Orioles have played John Denver's Country Boy during the seventh-inning stretch. Don't ask why, just sing along: "Thank God I'm a country boy..."
3. **MEETING PLACE** Meeting friends before or after the game? Tell them to "meet you at the Babe," which locals will recognize as the statue of Babe Ruth on Eutaw Street. The Bambino never played for Baltimore, but he was born a few blocks away.

WIKIMEDIA

4. **CHEAP EATS** Oriole Park is one of the few in baseball to allow outside food. Stock up on the essentials before going in and save your money for overpriced stadium beers.
5. **BOOG'S BBQ** If you must eat inside, head to Boog's for a pork or beef sandwich, and keep an eye open for owner and former all-star first-baseman Boog Powell.

KNOW YOUR VENUE

## Best bets to catch a ball

COURTESY OF IDEALSEAT.COM

According to IdealSeat.com, makers of an iPhone app that helps fans "find the best seat in the stadium," the best sections at Oriole Park to catch home runs are 84, 82 and 98. The best section to catch fouls are 31, 12 and 60.

IdealSeat's Joel Carben notes the Jays' power hitters favour left field: Edwin Encarnacion (30 of 35), Jose Bautista (35 of 36) and Josh Donaldson (22 of 39).

Baltimore is well-known for its harbour. GETTY IMAGES

# Many other sights to see in Baltimore

GETTY IMAGES

**BABE RUTH MUSEUM**
Just a few blocks away from the ballpark, the Bambino's birthplace and museum is a must-see for baseball fans. Oriole Park was built atop the location of Ruth's Café, a saloon owned by Babe's father.

PETER FITZGERALD/OPENSTREETMAP

**THE WIRE WALKING TOUR**
The highrise towers are long gone, but fans of HBO's The Wire can still visit McCulloh Homes, the lowrise that served as the location of "the Pit," or the corner where Snot Boogie lay dead in the series opener.

GETTY IMAGES

**NATIONAL AQUARIUM**
Walk over to the touristy Inner Harbour area and check out this massive Aquarium. The facility houses close to 20,000 different animals, representing more than 750 species.

GETTY IMAGES

**EUTAW STREET**
Take a walk along Eutaw Street between Oriole Park and the B&O Warehouse — the massive brick structure that dominates the view to right field. Built in the early 1900s, it now houses the Orioles' offices.

# READY TO ENGAGE

Metro's coast to coast daily election series connects young, urban Canadians to the issues they care about

# 'I trust none of them' — except Green party leader

ROSEMARY WESTWOOD
in Edmonton

It's all about one federal leader for Anna Rushdy.

"I feel like I'm pretty good at reading whether someone's being honest. I trust none of them, with the exception of Elizabeth May."

To the 27-year-old Edmontonian, every other federal party leader is a slave to partisan politics. And May is the antidote.

So, on Oct. 19, Rushdy will vote Green.

"Partisan politics actually does nothing, especially for me — and when I say for me, I mean poor people.

"We already know Harper doesn't care about poor people, but I'd be hard-pressed to believe that the other two do."

The Liberals' Justin Trudeau, in particular, earned Rushdy's ire through his glad-handing presence at Pride events in the city, politicking at a time when Rushdy says the LGBTQ community, and its oppression, should be in the spotlight.

They (Rushdy is gender-non-conforming and rejects he/she pronouns) sit in the basement café of an old brick building in Edmonton, the site of a former job, before they landed a slightly better low-paying job at a bakery.

After graduating in 2011 with a degree in education with a specialization in special-needs care, Rushdy hasn't been able to find related work. Deferring student loans has helped, but it doesn't make them disappear.

Rushdy's been to the polls twice before: Once to vote Green, and once to spoil the ballot — drawing happy faces beside each candidate. It was only after hearing Elizabeth May promise to make post-secondary education free and forgive student debt above $10,000, that Rushdy decided to pick a candidate this time.

"Those are things that actually affect my quality of life. It's very anti-classist, and I love that."

Planning to vote Green in a riding pollsters are predicting is a tight NDP/Liberal race doesn't worry Rushdy.

"If you're constantly telling people, 'If you vote a certain way, you're throwing way your vote' — no one will ever vote that way."

That kind of language only underlines the status quo, Rushdy said.

"If we truly believe in democracy and that's how we have our voices heard, we need to vote for who we think is best, and not because all your friends are voting NDP, and it's hip and fashionable."

Rushdy believes change is possible: "We never thought we would see a non-Conservative Alberta."

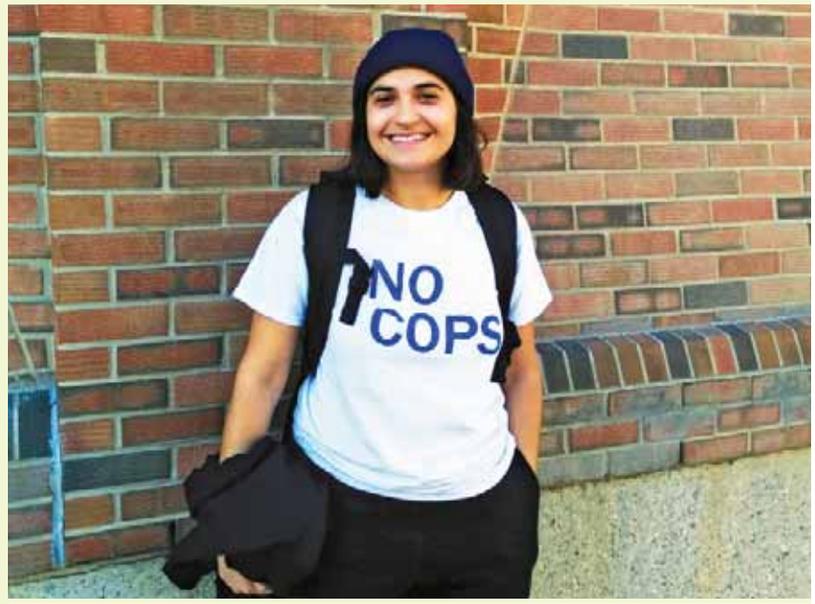
As the election approaches, Rushdy senses a chance to shift political discourse.

"I think my needs are most met not even just by what the party platform is, but by anti-partisan politics.

"Because what it is, is a discussion between people not against people."

Plus: "I'm looking forward to a Harper-free Canada."

Rosemary Westwood is travelling across the country talking to young voters.




**VOTER PROFILE**

**Name:** Anna Rushdy **Age:** 27 **Riding:** Edmonton Centre
**Their issues:** LGBTQ rights, poverty, post-secondary education funding

# On engagement, feds just can't fight city hall

MUNICIPAL VS. FEDERAL

## Partisanship among national parties seen as a turnoff

Ryan Tumilty
Metro | Edmonton

Chris Henderson has run three highly successful municipal campaigns. His most recent gave Edmonton's 36-year-old mayor, Don Iveson, a resounding win in 2013.

Henderson, 33, took leave from his full-time job in marketing to work 20-hour days for months to help Iveson get elected, but he's decidedly less interested in the federal election. "I would let my children watch violent television before I would let them watch a leaders' debate," he said.

Henderson said the partisanship and acrimonious debates in federal politics are turning young people off and keeping them out of the process.

He said that Iveson's campaign was able to attract hundreds of young volunteers in large part because no one cared what someone had done before or what party they belonged to.

"It was just whoever was interested in working," he said. "There was no ideological behaviour involved."

On top of that, he said, federal politicians are missing the basics people care about — issues like good roads, affordable housing and reliable transit. "Municipal services are the things that actually matter to people."

Calgary Mayor Naheed Nenshi agrees there is far too much "mindless partisanship" in federal politics and he believes Canadians feel the same way. "I don't identify with the left or the right or the Conservative or the Liberal and I think very few Canadians actually do," he said. "They identify with pragmatic things that will make their community better."

Nenshi said party politics forces leaders to focus on matters essential to their base, but meaningless to most Canadians. "The current debate around the niqab at citizenship ceremonies is a really good example of that," he said. "It matters to no one."

Iveson said the young people he talks to are engaged, but in local issues, like housing and transit, or global ones like climate change and the refugee crisis. "Federal politics in particular is pretty abstract when you're dealing with your post-secondary issues, or your transportation issues or your housing issues," he said.

Iveson said there are battleground ridings that could swing if federal politicians were talking about how to make buying a house or getting to work easier.

"Federal leaders who can speak with authenticity on those issues will find themselves all of a sudden relevant to that potentially deciding vote."

**Chris Henderson sits in the campaign office during Mayor Don Iveson's 2013 run. Despite his willingness to get heavily involved in municipal politics, Henderson said federal politics don't interest him or other young people.** METRO FILE

> **I would let my children watch violent television before I would let them watch a leaders' debate.**
> Chris Henderson

THE MAYORS

## Young superstars

**Much of the energy and enthusiasm from politically active young Canadians is being directed not at the House of Commons but at city halls, particularly in the West.**

Gilbert Ngabo
Metro | Toronto

**Naheed Nenshi:** He was only 38 when he won the Calgary mayoral race in 2010, and the first Muslim mayor of a large North American city. A Harvard graduate, nonprofit management professor and business adviser, his popularity has grown over the years in office.

**Don Iveson:** He's serving his first term as mayor of Edmonton, a job he assumed in 2013 when he was only 34. His strong asset is community organizing. From his experience running the university newspaper to serving as president of Canadian University Press and advocacy director of the University of Alberta Student Union, he's always seemed destined for politics.

**Gregor Robertson:** He was 44 when, in 2008, he won the race to become mayor of Vancouver. Now serving his third term, Robertson was an active member of the NDP of British Columbia until he resigned to run for mayor.

HERITAGE

## Quebec to fix 11 racist site names

Eleven Quebec sites whose names contain words with pejorative or racist connotations will be renamed, a provincial commission announced Friday.

In a news release, the commission announced it had "de-officialized" the place names, all of which contain the word "n----" or the French word "negre."

"Some of these place names, over time, testify to historical events," the statement read. "However, even if the words 'n-----' and 'negro' are of ancient usage, they can violate the dignity of the members of the black community."

Rachel Zellars, a McGill University PhD candidate who studies the history of slavery and of black Canadians, started a petition in early August after hearing a media report that included the statement that no official complaints had been lodged against the names.

THE CANADIAN PRESS

# Leaders keep it local

ELECTION 2015

## NDP, Tories keep focus on homegrown issues

All three main federal parties concentrated on homegrown, hot-button issues and largely kept their foreign policy powder dry ahead of the next leaders' debate.

New Democrats put themselves squarely in the spotlight with Tom Mulcair outlining, in broad strokes, the party's plan to address climate change. But in a half-hour long question-and-answer session with party members and the media, he forcefully reiterated his case to repeal two signature pieces of the Harper government's security and anti-terror agenda.

Not to be outdone, the Conservatives rolled out two cabinet ministers to take shots at the Liberals over Justin Trudeau's suggestion his party would scrap some aspects of the mandatory minimum sentencing law, another marquee piece of legislation for a government that paints itself as tough on crime.

Tony Clement and Julian Fantino, speaking in Vaughan, Ont., also went after Trudeau for interview comments earlier in the weekend where he was quoted as saying deficits are a way of measuring economic growth and success of a government.

Both ministers, additionally, piled on the $146 billion costing of the Liberal platform, released Saturday in Ottawa, saying it would "destabilize" the economy.

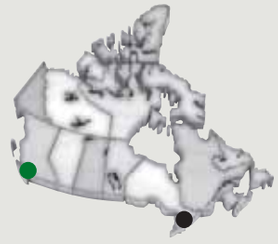
Trudeau and Conservative Leader Stephen Harper were both off the campaign trail in anticipation of Monday's foreign policy debate.

Mulcair, in Toronto to talk climate change, gave a taste of how acrimonious the exchange could get by accusing the Conservatives of holding back until the middle of the election campaign on the plan to strip the citizenship of the convicted Toronto 18 terror ringleader.

THE CANADIAN PRESS

**NDP Leader Tom Mulcair addresses supporters during a campaign stop in Toronto.** ANDREW VAUGHAN/THE CANADIAN PRESS

### WHERE THE LEADERS ARE MONDAY



- **Stephen Harper**, **Justin Trudeau** and **Tom Mulcair** will be in Toronto for the Munk debate on foreign policy taking place at 7 p.m. EST.
- **Elizabeth May** will be in Vancouver.

ROBERT PICKTON

## Missing tributes shock brother

A brother of one of the women murdered by Robert Pickton says he's shocked and upset after the City of Vancouver removed plaques honouring three of the killer's victims.

Bronze plaques bearing the names of Georgina Papin, Brenda Wolfe and Marnie Frey were installed in a sidewalk in the city's Downtown Eastside in 2012.

George Papin said he treasured the memorial "as it was a part of me, just like my sister," he said. "And now they take this away."

The memorials were part of an unfinished project called The Living Stones, which was originally set to lay 62 plaques at the last known locations of missing and murdered women.

The city took over the project in 2013 after the non-profit group that launched it dissolved. A city spokesman said staff had been working to "resolve issues" around the project. THE CANADIAN PRESS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# A 'moral outrage'

DEVELOPMENT

## Obama pledges U.S. support to new UN anti-poverty strategy

President Barack Obama on Sunday committed the U.S. to a new blueprint to eliminate poverty and hunger around the world, telling a global summit that a sweeping new development agenda is "not charity but instead is one of the smartest investments we can make in our own future."

It was the first of two addresses Obama is making at the United Nations. His second, to the annual UN General Assembly of world leaders and expected Monday, will be a broader examination of world issues, especially the escalating conflict in Syria and the related refugee crisis.

As Secretary of State John Kerry said after a meeting Sunday, "It would be a complete understatement to say that we meet at a challenging time."

Obama offered a powerful defence of a 15-year development agenda that will require trillions of dollars of effort from countries, companies and civil society.

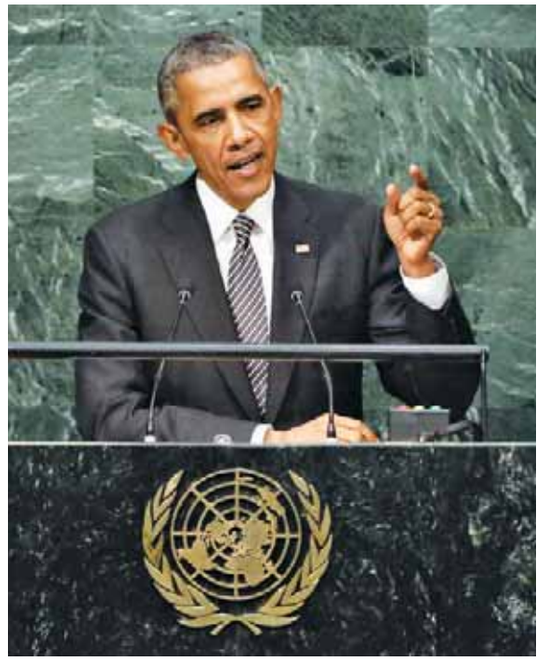
He told delegates 800 million men, women and children scrape by on less than $1.25 a day and billions of people are at risk of dying from preventable diseases.

He called it a "moral outrage" that many children are just one mosquito bite away from death.

Obama said the goals are ambitious but can be achieved if governments work together.

And, with a possible nod toward his address on Monday, he noted "military interventions might have been avoided over the years" if countries had spent more time, money and effort on caring for their own people.

"Development is threatened by war," Obama said, and war often arises from bad governance. Addressing the world's greatest refugee crisis since the Second World War as millions flee conflict in Syria and elsewhere, he said countries "that can, must do more to accommodate refugees" but added those efforts "must be matched by hard work of diplomacy." THE ASSOCIATED PRESS



**U.S. President Barack Obama addresses the 2015 Sustainable Development Summit at the United Nations headquarters in New York City on Sunday.** RICHARD DREW/THE ASSOCIATED PRESS

PAPAL VISIT

## Pontiff takes part in massive Mass

Pope Francis joined hundreds of thousands of the faithful Sunday for the last and biggest event of his joyful, six-day U.S. visit — a Mass on Philadelphia's grandest boulevard — after meeting with victims of the church sex abuse scandal and offering words of hope to jail inmates.

Riding through the streets in his open-sided popemobile, the pontiff waved to cheering, screaming, singing, flag-waving crowds as he made his way up the Benjamin Franklin Parkway and reached the altar at the foot of the broad steps of the Philadelphia Museum of Art. It was the final stop on his itinerary before he was to return to Rome.

Organizers predicted a crowd of one million, though there were fears unprecedented security — including airport-style bag searches, crowd-control cattle chutes and blocked streets — had scared many people away.

Prior to the Mass, Francis met with victims of child sexual abuse and told them he is "deeply sorry" for the times they told their story and weren't believed. He assured them he believes them and bishops will be held to account for what they did.

> **We will follow the path of truth wherever it may lead.**
> Pope Francis

"I pledge to you that we will follow the path of truth wherever it may lead," Francis said in Spanish.

Then, he went into a meeting with American bishops in town for a Catholic festival on the family and told them the same thing face-to-face.

"God weeps" over what was done to the youngsters, he said.

Also Sunday, Francis visited a Philadelphia jail to give hope of redemption to about 100 inmates.

"May you make possible new opportunities, new journeys, new paths," he said, standing before a wooden chair the men had made for him for the occasion.

The blue-uniformed inmates, some of them heavily tattooed, seemed moved. They clasped Francis' hands, and two gave him a hug. THE ASSOCIATED PRESS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# BlackBerry tries Android

TECHNOLOGY

## New phone to address issue of lack of apps, CEO says

With its hardware sales still flagging BlackBerry's chief executive John Chen says he's found a different way to sell his devices. For the first time in BlackBerry's history, the company is going to sell a smartphone that runs on somebody else's programming rather than its own in-house creation.

**The BlackBerry Priv.** COURTESY @EVLEAKS

BlackBerry will release the Priv phone later this year, which uses Google's Android operating system. The switch was a controversial decision at BlackBerry, Chen told reporters Friday at the company's Waterloo, Ont. headquarters, but it addresses one of the biggest marketing problems BlackBerry faced: Its phones are missing some of the most popular apps and games used by most customers and even businesses.

"I am now going to eliminate apps as an excuse not to buy our phone," Chen said. "We'll see how it goes."

BlackBerry's lack of apps has been a thorn in its side. Handfuls of popular apps, from dating service Tinder to Candy Crush, were unavailable for years. Chen tried to eliminate that problem last fall in a partnership with the Amazon Appstore, which offers thousands of apps built for the Android operating system.

His hope was that Amazon's store would see its app selection multiply quickly after the launch of the Amazon Fire phone last year. But when sales of Amazon's first device failed to ignite, it left Chen in a partnership that wasn't quite as ideal as he'd hoped — many apps, like Netflix and Snapchat, were still missing from the mix — and BlackBerry sales suggested that customers weren't swayed by the proposition.

BlackBerry hopes the Priv will give it another swing at making a smartphone that competes with the best.

THE CANADIAN PRESS

**BlackBerry chief executive John Chen says switch from its in-house operating system means to eliminate one of the company's biggest marketing problems.** THE CANADIAN PRESS FILE

## IN BRIEF

**Millennials digging into news, study finds**

Four out of every 10 young adults actively seek out the news, reveals an analysis of their media habits by the Media Insight Project, breaking the stereotype image about the millennial generation being uninformed. Even the out-of-it others say they stumble on news while they're catching up with friends on Facebook, scanning their Twitter feeds or looking for entertainment online. Older millennials, ages 25 to 34, say they make staying informed a priority.

THE ASSOCIATED PRESS

**Ottawa posts surplus of $150 million for July**

The federal government posted a $150-million surplus for July compared with a $1.23-billion deficit for the same month last year. The Finance Department says the surplus came as government revenue increased by $2.12 billion in July, while expenses grew at a slower pace.

THE CANADIAN PRESS

Medical Marijuana Study

Toronto Poly Clinic is conducting an Ethics Board approved study on effects and safety of Medical Marijuana for Chronic Non-Cancer Pain conditions.

If you have chronic pain and other available treatments have not helped your condition you may be eligible to participate in this study.

You can ask your family doctor to fax a referral to
**416 250 0323 or call 416 250 7171.**

*Toronto Poly Clinic does not charge any fees to patients for Medical Marijuana treatment study.*

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metro VIEWS

**Apocalypse already?** Norway's "doomsday vault" — which stores seeds in case of global agricultural disaster — has been cracked open to retrieve species lost in Syria's civil war.

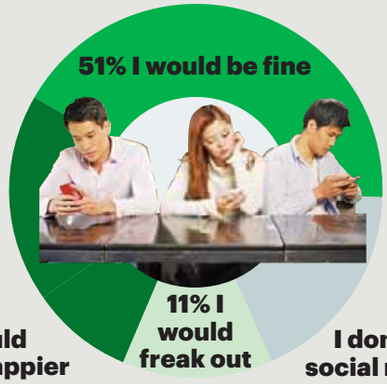
**Metro MONDAY POLL**

# Are you addicted to social media?

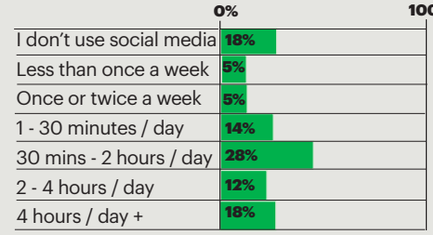
**Visit** metronews.ca **every Friday to have your say.**

**On Thursday,** all 1.49 billion Facebook users lost service for a few minutes. Mass panic quickly followed. Some people wondered aloud (and on other social-media sites) if they even remembered how to talk to people by any other means. Here at Metro, we wondered if — in our social-media-saturated world — we could ever go back to the way things were. We asked our readers if they're hooked on the social web and what they would miss if their favourite sites and apps went down for good.

**1 What would happen if all your favourite social-media platforms went dark? (Facebook, Twitter, Tumblr, Instagram, Vine, Snapchat, etc.)**




**2 How much time do you spend on social media?**


0%
100%
I don't use social media 18%
Less than once a week 5%
Once or twice a week 5%
1 - 30 minutes / day 14%
30 mins - 2 hours / day 28%
2 - 4 hours / day 12%
4 hours / day + 18%

**3 What do you use social media for?**

**21%** Keeping in touch
**18%** Following the news
**16%** Wasting time
**9%** Seeing what people are up to
**8%** Playing games
**7%** Planning my social life
**6%** Interacting with people I see all the time
**5%** Expressing opinions
**2%** Activism
**8%** Other/I don't use social media

Interacting with customers for business

Chatting with people from all over the world

Watching the world go by. I'm disabled. It's the only way people will interact with me.

METRO READERS

# Fancy Gardiner hybrids are still not a good idea

**TORY'S TORONTO**

**Matt Elliott**

Months after Toronto City Council voted 24-21 in favour of the "hybrid option" for the section of the Gardiner Expressway between Jarvis Street and the Don Valley Parkway, there's some buyer's remorse in the air at city hall.

It's like some councillors want to return the Gardiner they bought to the store and get something that fits them a little better.

Last week, the city's public works and infrastructure committee heard about three official "hybrid alternative design concepts." They also got wind of two Gardiner East designs put together by third parties.

The first, supported by former Toronto chief planner Paul Bedford, would replace this stretch of expressway with a new viaduct next to the rail corridor.

The second, put together by a team of planning consultants, is more ambitious, calling for the Gardiner East to be rebuilt on top of the rail corridor and then for a park to be built on top of the Gardiner. It'd create a Gardiner sandwich, basically.

I understand the appeal. People love sandwiches. And there's a natural tendency for municipal politicians to identify compromise solutions to big issues. Good compromises can lead to nice moments of political unity and solutions that balance needs.

But none of these newfangled hybrids make for good compromises.

**Councillors are left with a range of designs that attempt to pretty up a hybrid pig.**

They can't. Because council already rejected the best Gardiner compromise: removing the small two-kilometre stretch between Jarvis and the DVP and replacing it with a boulevard.

It was both cost-effective and fair. It acknowledged that while, yes, there's no avoiding spending at least a billion dollars to repair the most-used parts of the Gardiner, the evidence suggests the city can knock down this tiny eastern part and save a bunch of cash. All with minimal traffic impact.

That was the decision that should have been made.

It wasn't, of course. And now councillors are left with a range of expressway designs that mostly attempt to pretty up a hybrid pig.

Nearly all of them will come with costs in excess of the $919-million price tag attached to the hybrid design. Most would have longer construction timelines. And some would even slow traffic thanks to reduced speeds, which only raises the question: If slower speeds are acceptable, why not just get rid of the expressway altogether?

More importantly, all of them share the same problem. They call for overbuilt infrastructure. Wasteful and inefficient, they're more than Toronto needs to handle traffic levels — at the cost of public money that could have gone to public transit.

In the end, council's Gardiner East debate was never about expressway design. It was about priorities. Councillors chose to prioritize an expressway connection over needed investments in transit. There's no design that will ever make that choice a good one.

**Matt Elliott** lives and writes in Toronto. Follow him on Twitter @GraphicMatt

**metroview**

# Forgive me, Francis, but I was hoping for better from you

**Michael Coren**
For Metro

He came, he spoke, he went. Pope Francis visited the United States for the first time, delivered a speech to congress and the United Nations and met with the country's Catholic and non-Catholics leaders alike. The man has a human touch, a generosity of spirit and a progressive persona that gives hope and differentiates him from his predecessor. But in all honesty, the visit will change very little.

I realize this is not what the public wants to hear, but passing emotionalism is simply not enough. The same occurred when Pope John Paul visited Canada for World Youth Day in 2002 — massive enthusiasm for a few days and then a severe case of back-to-business-as-usual.

In his speeches, Francis spoke lyrically of the Golden Rule, of love, humanity and our communal existence. He also touched briefly and implicitly on his condemnation of abortion and same-sex marriage but was far more precise in dealing with climate change, immigration and the need for peace and gave specific attention to the plight of the poor. It was compelling stuff.

But the reality of the situation is that the modern Catholic Church is polarized and top-heavy. The leadership rejects contraception, gay rights, abortion and female ordination, even while the vast majority of western Catholics disagree. Indeed, these papal positions are considered so morally anachronistic today in North America and Europe that it prevents Catholicism from preaching the gospel or being taken seriously. Young people in particular reject any institution or ideology that in their eyes rejects gender and sexual equality.

Then there was what Francis did not say. While he referred to the sexual-abuse crisis in the United States and met with some of its victims, he didn't admit to its systemic nature and ignored the fact that the church had denied and obfuscated until the media made acknowledgement unavoidable.

Francis is the Pope of paradox. While he is certainly concerned for the marginalized, his church refuses to sanction condom use even in countries with staggeringly high levels of HIV/AIDS. He cares for the disabled but leads an institution that fights embryonic stem-cell research that could lead to countless medical cures. He embraces the poor, but the wealth of the Vatican is beyond counting.

Nobody would deny that the Roman Catholic message is now being delivered in far more empathetic tones than in the past, but it is substance rather than delivery that matters. Forgive me, Father, but I am still waiting.

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Heidi Klum's boyfriend buys her a $22,000 giant plastic snail at Milan charity auction

# Kids' books tackle tough topics

BOOKS

## Stories help parents with talks about sex and death

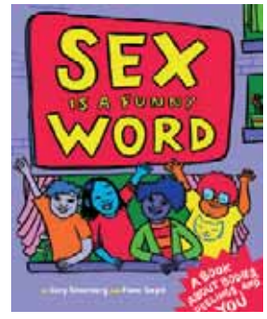
Megan Haynes
For Metro Canada

How young is too young to learn about sex? Disease? Death?

"As parents, we want our kids to learn everything," says Cory Silverberg, author and sex educator. "We get so excited when they learn a new word, how to walk. But even in the most open of households, sex is a topic that gets treated a bit differently. It's the same for death, violence and war. And that's confusing to kids."

Books, he says, can help parents have those difficult conversations.

**Bug in a Vacuum examines the five stages of grief, even though it doesn't explicitly talk about death.** CONTRIBUTED/MELANIE WATT




> **Books are a tool that can help make very difficult conversations a little easier.**
> Author and sex educator Cory Silverberg

### Sex is a Funny Word

Silverberg started writing Sex is a Funny Word (Seven Stories, $23.95, out now) more than two years ago — well ahead of the deluge of news around the current Ontario curriculum, issues of consent, and transgender rights. And with all these topics in the news, the timing of its release couldn't be better.

Sex is a Funny Word is a trans-positive and feminist-leaning sex education guide for kids eight to 10 that tackles consent, gender and masturbation (and more). It was written and illustrated to be as inclusive as possible, he says. Phrases like "could feel" and "is an example of" are meant to help kids realize that just because they don't feel a certain way, have a certain body part or do a certain thing, it doesn't mean something is wrong with them.

"When you say 'having your mom brush your hair is an example of feeling good in your body,' well what happens if that person doesn't have a mom?" he says. "That's a little moment that kid (thinks) 'Oh, this book doesn't reflect me.'"

And while inclusivity is a primary goal of the book, the main purpose is to define words kids might hear but not understand and facilitate discussion, he says.

"'Sexy' is a great example," he says "I say 'some people think sexy is this' (in one chapter) and that gives parents an opportunity to say 'In our family, sexy is something else.'"

### Bug in a Vacuum

Opening a discussion was a key goal for Mélanie Watt's Bug in a Vacuum, (Tundra Books, $24.99, out now), which follows a fly sucked into a vacuum as it (and its wiener-dog friend on the outside) go through the five stages of grief, she says.

The book, for kids five to nine, isn't explicitly about death, but there are overtones towards the topic (the bug deals with the realization that it might never escape the vacuum, while the dog deals with the loss of its friend).

"The two characters both struggle with a problem. They react in similar ways, but for totally different reasons," she says. "I think that's a nice metaphor to life: Everyone can go through a difficult moment, and it's OK, because you're not alone."

### Today is the Day

Of course, being alone is a relative concept. Eric Walters' Today is the Day, (Tundra Books, $19.99, out Oct. 13, 2015) helps kids tackle what happens to youth in nations with high mortality rates. Set in Kenya, the story, for kids five to nine, follows a young girl celebrating her birthday alongside the rest of the orphanage. All the kids celebrate on the same day, as most don't have records of when they were born. The epilogue explains many children in the region grow up without parents due to HIV/AIDS, but they too have value and are deserving of birthdays.

"Books are a tool that can help make very difficult conversations a little easier," adds Silverberg. It isn't that kids don't understand these big concepts like war, death, disease, sex, or gender issues, he says.

"Often these conversations don't go well because of a lack of language.

"Kids are smart — they understand the world around them — they just want the right words."

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# Pelvic pain? You're not alone

WOMEN'S HEALTH

## Endometriosis conference aims to spread awareness

When she was just 13, Laura Cone was put on birth control to help ease the intense pain she experienced during menstruation. It took eight years for her to find out why it wouldn't go away.

Cone, 30, was finally diagnosed with endometriosis when she was 21. But the nightmare didn't end there, she said. In the following years she struggled to get the help she needed to treat a pelvic-pain condition that had festered in her body for so long.

"It's more common than heart disease and diabetes, yet most people don't know about it," Cone said.

The Saskatoon woman is co-organizing the province's first endometriosis conference Saturday at Royal University Hospital. Guests include a psychologist, yoga therapist and disability lawyer as well as a specialist from a pelvic-pain centre in B.C. as the keynote speaker.

**Laura Cone wants to help doctors learn about chronic pelvic pain.** ISTOCK

Statistics show that around one in 10 women have the condition, which occurs when the lining of the uterus escapes the uterus and latches onto tissue and organs in the pelvic area and beyond.

It often causes severe menstrual pain and pelvic inflammation in patients; sometimes the bloating is so extreme it can resemble a pregnancy, Cone said. However, many women suffering with endometriosis struggle to become pregnant.

But it can go overlooked because of the vagueness of its symptoms, taking an average of 10 years to diagnose. As a result, endometriosis often gets misdiagnosed as other pelvic-related conditions, such as irritable bowl syndrome or pelvic inflammatory disease.

That misdiagnosis — combined with a lack of information about the disease — can keep sufferers in a helpless and debilitating state, Cone said.

She describes visiting doctor after doctor, explaining that something wasn't right, and being made to feel like she was going crazy.

"It gets to your head when somebody who society reveres says, 'There is nothing wrong with you, it's all in your head.'"

Cone said the condition is "extremely complex" because it can act so differently in every patient. She describes stories of people who live their entire lives not knowing their body was riddled with endometriosis, while others are bedridden due to one, small piece.

But the cause of endometriosis remains a mystery, and there is no cure. Cone said one reason why it is so hard to diagnose is because a diagnosis requires surgery, which many doctors are reluctant to do. While some doctors will conduct a test screening, Cone said the tests alone won't always catch the condition.

"It can be microscopic. Just because it's not found doesn't mean that there isn't a piece hiding behind your liver causing you grief," she said.

Cone hopes the conference will also provide doctors with more information about the disorder. But in order to reduce wait lists, she believes the province needs to train more specialists.

Dr. John Thiel, one of Saskatchewan's specialists, agrees doctors can always learn more when it comes to the disease. He said the conference also aims to help women find alternative ways to treating chronic pelvic pain other than surgeries and medication.

"Because oftentimes medical students, they're only as knowledgeable as their teachers, and traditionally in medicine, we've done a poor job of teaching not only how to manage acute pain, but how to manage chronic pain."

THE CANADIAN PRESS

**"It gets to your head when somebody who society reveres says, 'There is nothing wrong with you, it's all in your head.'**

Laura Cone, who lives with endometriosis

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# ‘Dream job’ lives up to its name

WOODS CANADA

## Couple hopes others get paid to travel trail

Emily Jackson
Metro | Vancouver

The verdict is in: Being paid to camp and travel across Canada for nearly five months really is a dream job.

Whistler residents Magee Walker and Cedric Schell, one of two couples selected for outdoor gear company Woods Canada’s “dream job” contest to get paid $20,000 apiece to travel the Trans Canada Trail, told Metro about their journey as it wrapped up in Toronto last week.

The couple was hired by Woods Canada in the role of “explorers,” trailblazing, multitasking and connecting with Canadians through social media in addition to travelling the 17,000-kilometre Trans Canada Trail.

“I’d definitely do it again,” Schell, 29, said of the pair’s trip to eight provinces and one territory. They hiked, canoed, kayaked and rode horses, all the while snapping photos and videos to promote the company.

**Cedric Schell fishes in Quetico Provincial Park in Ontario.** INSTAGRAM/WOODS CANADA

“We’ve always wanted to travel Canada. We went to places we didn’t even know existed,” Walker, 28, said.

She was surprised by how much she loved Quetico Provincial Park in Ontario, and he was thrilled to see the northern lights while camping by the Mackenzie River in the Northwest Territories.

Not that there weren’t any challenges. “We’ve been together for two years, but we never really worked together. It’s a different kind of dynamic for the relationship aspect,” Walker said.

> **We went to places we didn’t even know existed.**
> Magee Walker

They had to negotiate who would do what, all the while dealing with tough weather and physically exhausting situations.

“It tests you, it pushes you… you either finish stronger than ever or you break up,” she said with a laugh.

The contest appears to have been a good marketing campaign for Woods, too. The company racked up thousands of social media followers and received hundreds of likes on Facebook and Instagram pictures and videos.

Walker and Schell are on their way back to Whistler, where he is a paramedic and a firefighter and she a freelance writer. They hope they can do more trips with him shooting photos and her writing about the experience.

The pair hopes Woods holds the contest again next year.

HEALTH

## Eye strain common

Tired eyes, fatigue, headache? Skipping that afternoon coffee may not be to blame.

According to the Ontario Association of Optometrists (OAO), these symptoms are common with Computer Vision Syndrome, a group of modern-day eye and vision-related problems that affect between 70 and 75 per cent of computer users who spend more than two uninterrupted hours each day staring at a computer, tablet, TV, e-reader or smartphone.

Prolonged screen time—a recent Ipsos report found the average Canadian smartphone owner spends almost seven hours each day on digital devices — at work, on transit and at home, add up. Which means our peepers are taking the brunt of the visual demand, says Dr. Jeff Goodhew, president of the OAO.

“There’s a muscle (ciliary) in the eye that allows us to focus on our screens. If this muscle is tensed over time, it starts to tire and cramp up, resulting in the symptoms we are seeing related to eye strain such as headaches, dry eyes, blurred vision and eye irritation.” TORSTAR NEWS SERVICE

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WORK-LIFE

## Some thrive on pressure, others need downtime

Eleni Deacon
For Metro Canada

Schedule breaks. Prioritize. Turn off your phone after 6 p.m. Exercise during your lunch hour. Make sure you actually take your lunch hour. Make sure you actually eat during your lunch hour. Meditate for six minutes every morning before sunrise. Know when to stop.

Work-life balance is the white whale of the white-collar world. Employees want it — but it's often too slippery to pin down.

Which is why Amazon became the target of criticism last month when The New York Times published a fascinating — and highly disparaging — investigation into their take-no-prisoners corporate culture.

Former staffers described the organization's combative atmosphere and punishing workloads, as well as the many personal sacrifices necessary to uphold the company's aggressive demands.

**When discussing work-life balance, there's a prefab idea of what it means.**

Compared to other tech giants like Netflix and Google — which famously offer perks like unlimited vacation and time to work on your own projects — Amazon comes off as stingy and cold.

Despite disturbing anecdotes about Amazon's institutionalized backstabbing and failure to support ailing employees during serious life crises, some of the article's sources found the company's breakneck pace exhilarating.

When discussing work-life balance, there's a prefab idea of what it means: work hard 9 to 5, chill hard when you're not at work.

So while the Amazon exposé illuminates the company's failure to uphold this vision, the happy employees suggest a different model altogether.

Their inner scales are not calibrated according to an even distribution of life and work. For them, intensity brings harmony.

# The myth of balance

**Work-life balance is slippery to pin down. People might benefit from figuring out if their workloads match their career ambitions.** ISTOCK

Amazon puts exceptional pressure on its staff — but it's by no means the only company expecting around-the-clock availability from its workers.

With after-hours communication now the norm, the Amazon story represents the most extreme end of a widespread trend.

The work-life-balance ideal sounds nice.

However, with so many employees falling short of its promise, it may sometimes be more of an unattainable disappointment than an encouraging goal.

Rather than comparing their current stresses to dreams of unplugged weekends and early-morning yoga, employees might benefit from understanding whether their current workload is an appropriate match for their career ambitions and personal stamina.

They may find that their version of balance changes significantly according to career stage, life stage and enthusiasm for their present role.

Working until you're unhappy or burnt out can have dangerous consequences.

But having a healthy understanding of the factors that contribute to your personal work-life equilibrium can help determine whether you're the type of employee who thrives under Amazon-ian tension — or the type who prefers using Amazon to download ebooks for the weekend.

### JAPAN

**Robot owners warned off droid sex**

The company behind a chatty Japanese humanoid named Pepper has felt the need to remind customers who purchase the robots not to engage in sex with them.

Mobile phone giant SoftBank, which sells the units in Japan, states helpfully in its user agreement: "The policy owner must not perform any sexual act or other indecent behaviour."

The wise-cracking Pepper — who, according to its makers, can read people's emotions — costs a cool $1,600.

The ban on sex with the plastic machine — which stands just 1.2 metres (3.9 feet) and moves on rollers — is the most baffling of the prohibited uses baffling, causing social media in Japan to light up in amazement. SoftBank said lewd acts could trigger punitive action. AFP

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# Watch the money pile up

LONG-TERM INVESTMENT

## Compound interest is not chump change

Gail Vaz-Oxlade
For Metro Canada

When I was writing Money Rules, my beautiful — if somewhat bossy — editor at HarperCollins told me that I had to include an explanation of compounding.

"Again?" I said, horrified.

"Yes," she replied.

"How many different ways do I have to do this?"

"At least once more," she replied matter-of-factly.

I'm not sure what it is about compound interest that makes people's eyes glaze over. But it does. It shouldn't, because it's really quite a simple thing to understand. Compound return is the return you earn on the return you earned. For the sake of this example I'm going to narrow it down even further to 'the interest you earn on the interest you earned.' Do not jump all over me for the interest rate I'm using. I'm trying to make a point. For now, just follow the math.

Let's say you invested $15,000 last year at 5.5 per cent. So you earned $825 in interest. Now you have $15,825.

You decide to keep your money invested for another year. You're still earning 5.5 per cent. However, since you have more money invested — $15,825 instead of your original $15K — you earn more interest. This year instead of $825 in interest, you earn $872 in interest, so now your $15,000 investment is worth $16,724.

Hey, Gail, that's only $47 more… that's no big. Whatcha getting so excited about?

Since you didn't have to lift a finger to earn that $47, I'd say it was a big deal. And you can continue to compound that return to earn even more. Leave it for another year at the same rate of return and your $15,000 will grow to $17,644.

If you can grow your $15K to $17,644 in just three years, imagine what you could do with more time.

Let's say all you can come up with to save this year is $1,000. Some people might say it won't amount to much so why bother. I say, "bother". Put compounding on your side and watch the magic happen. Invest that $1,000 a year at 5 per cent in either a TFSA, RRSP or RESP (so we don't have to do the math on the taxes) here's what happens:

- If you're 40 and have 25 years to save, your $25,000 will turn into $50,113
- If you're 30 and have 35 years to save, your $35,000 will turn into $94,836
- If you're 20 and have 45 years to save, your $45,000 will turn into $167,685

More time means more compounding which means more growth. You can speed up that growth by also looking for ways to earn a higher return on your investments.

Different investments have different returns based on how easily you can get at your money — called your liquidity — and how much risk you're prepared to assume to make more money. Savings accounts are very liquid and very safe. You can get at your money anytime, and your money will be there when you want it. But savings accounts also come with the lowest rates of return.

Stocks are at the other end of the spectrum: you need to be prepared to invest the money for ten years or more, and you have to be able to handle the slips and slides, rises and falls that are part of the market, but you have the opportunity to earn more money on your money. Only you can decide which types of investments suit you. But let's look at how return affects the growth of your savings.

Let's say you can come up with $250 a month to save:

- If you invested at 5 per cent, in 15 years the $45,000 you invested will turn into $68,822.
- If you invested at 7 per cent, that same amount will turn into $79,240.
- And if you invested at 9 per cent, in 15 years that $45,000 will turn into $94,601

Look at how much of a difference even 2 per cent more on your portfolio will mean in return, particularly over the long term. If the first thing that springs to mind is, "Where the hell am I going to get 9 per cent in this day and age?" my answer is, "Probably nowhere, unless you're prepared to accept substantial risk." But now isn't the future, and if you'll be living for the next 25 or 30 years you can rest assured that the economy will change. Interest rates will go up and down. So will returns on the market. What's important to understand is that the harder your money works in terms of return, the more you'll have.

For more money advice, visit Gail's website at gailvazoxlade.com

SELF HELP

## Tips for reaching big goals

If you feel like nothing in your life is going the way you want it to or planned, it's time to change your mindset. Martina E. Faulkner has made a career of helping people envision the life they want and then making it happen, and now she's bringing her tips to the masses in her book, "What if..?"

**Martina E. Faulkner**
CONTRIBUTED

**• Figure out what you really want:** "Some of my clients say they want to win the lottery," Faulkner says. "But then I ask them why they want to win the lottery. Is it because they're scared they won't have enough money to pay their bills? Is it because they want to travel?" Faulkner says once you get to the root of what you really want, you can start seeking out ways to make it happen.

**•Focus on making small changes:** If your goal is to become the CEO at work, that's great, but thinking about going from where you are to the very top can be overwhelming, so Faulker says to start small. "Smaller, more manageable changes that we can create through manifesting is a good place to start," she advises.

EMILY LAURENCE/METRO NYC


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# Home, sweet, home

If you think you don't need insurance because you don't own a home it could end up costing you money

Picture this: You are renting an apartment and you go to work one day. But the tenant above you left the water running in the tub. Their place floods and the water starts leaking through the ceiling, destroying your computer, furniture and precious antique clock. The really bad news? You don't have insurance.

"Renters definitely need insurance, but many people don't even think about that," said Pete Karageorgos, director of consumer and industry relations at Insurance Bureau of Canada (IBC) in Toronto.

Everyone from apartment dwellers to students living away from home need tenant's insurance, as it can help protect you in the event of loss or damage.

"It's a good investment," Karageorgos said. "A landlord will have insurance, but that's for the building itself. That won't protect your personal belongings. You need to do that yourself."

But that's not all. Let's say you are the one who causes damage to other units, or you have a party and someone trips over your rug and crashes into the glass coffee table — you could be on the hook.

"You are responsible," Karageorgos said.

But what does tenant's insurance really cover?

- It protects your stuff, everything from furniture to your new expensive laptop.
- It protects you if you cause someone harm in your building or if you damage someone else's property in your building.
- Additional expenses after a loss, such as a place to stay temporarily if your apartment needs repairs.

How much you can expect to pay for insurance coverage varies widely, of course, but it's generally less than the cost of a daily run to the coffee shop. Karageorgos recommends researching different levels of coverage, calling to get quotes, and visiting IBC's website (ibc.ca) for free information and advice.

And if someone tells Karageorgos that they can't afford insurance coverage, he asks them if they can really afford not to have it.

"Imagine the cost of having to replace all your belongings at once. It's peace of mind."

DONNA PARIS/FOR METRO

**Shopping for the best insurance premiums takes time and plenty of research. Be sure to ask questions.** SHUTTERSTOCK

# Four common questions

**Analise Smart**
For Metro

Buying insurance can create peace of mind, but there may also be pitfalls.

Daniel Mirkovic, president of Square One, a Vancouver-based company that specializes in home insurance, shares his top insurance mistakes.

**1 IMPROPERLY DESCRIBING HOW THE HOME IS USED.** Mirkovic said that in addition to letting your insurance provider know basic things like whether the property you are buying is going to be your primary home, you should also let them know if you plan to rent out a room. Failure to disclose, he said, can void your entire policy.

"The reality is that it will cost you more to disclose, but not that much more, maybe an extra $50 a year or so."

**2 NOT HAVING INFORMATION ON THE HOME.** Information about the electrical system, the plumbing or even when the hot water tank was last replaced are common questions an insurance provider might ask because it affects their assessment of risk.

"It can often be frustrating for customers going through the quotes if they don't have that information," Mirkovic said. "With some companies if you don't have that information they're not even going to be able to issue you a policy."

**3 NAMED PERILS ONLY.** While you might think insuring your home against only specific types of damage is a good idea, Mirkovic said it isn't. He said it is better to go with a comprehensive policy (these will cover everything, except what is specifically excluded, typically war, terrorism and overland flooding). Find savings instead by not insuring items that you could deal with losing or can afford to replace yourself, he said.

**4 SELECTING DEDUCTIBLES THAT ARE TOO LOW.** Mirkovic said low deductibles are a throwback to the early days of insurance policies, when $250 was a lot of money. And while some companies might still offer these 1960s prices, you are doing yourself a disservice by choosing this option because your monthly payments will be much higher.

"It really doesn't make sense to go with anything lower than $1,000 these days," he said.

**Insurance providers need to be thorough so they will ask you plenty of personal health and lifestyle questions.** SHUTTERSTOCK

# It may be best to wait to buy life insurance

Getting life insurance for the first time can be an overwhelming experience if you don't know what to expect.

Jack Hungelmann, author of Insurance For Dummies, says there are a few things to keep in mind when purchasing a life insurance plan.

**DO YOU NEED IT RIGHT NOW?**

Hungelmann said many people make the mistake of buying insurance too early. He said you should consider life insurance if you have people who depend on you financially, or if there is a mortgage or something similar involved where your partner would not be able to keep up with the payments should they lose you.

**THEY WILL ASK YOU QUESTIONS**

Your insurance provider will be asking you personal health and lifestyle questions. Blood tests and medical exams are common, including things like HIV tests, Hungelmann said, as are questions about recreational activities, addictions and your driving record. While it might seem like your insurance provider is going to know every intimate detail of your life, they need be thorough.

**PERMANENT INSURANCE**

Going with a permanent life insurance option might seem like the safest bet, but Hungelmann said because it is so much more expensive than term, it can work against you.

"What happens is people buy permanent, and because it's sizably more expensive when they're young, it straps their pocketbook so much that they don't buy all the insurance they need. Term is the way to go when you're young; permanent is something you can work up to later."

ANALISE SMART/FOR METRO

RATES

# Momma told you ... you better shop around

**Liz Brown**
For Metro

It's a basic truism in auto insurance — the best drivers get the best rates. But that speeding ticket and fender-bender from last year can't be changed. Fortunately, there are other factors within your control that can help you negotiate the best car insurance rates.

After a clean driving record, considering the car you drive is the next place to look when trying to lower your insurance rates, said Pete Karageorgos, Ontario's director of consumer and industry relations for the Insurance Bureau of Canada (IBC).

"It's a given that a high-end luxury automobile like a Mercedes will cost more to insure, but there are also some vehicles out there that have better ratings in terms of safety features and frequency of theft."

IBC offers a report on its website (ibc.ca) called How Cars Measure Up that offers data from past years claims, which provides a glimpse into what models will be more costly for coverage.

"For example, the Honda Civic and Ford F-150 are two vehicles that are on our most stolen list every year, so they cost more to provide coverage to," Karageorgos said.

When people are purchasing a new or used vehicle, they often factor in gas mileage and maintenance costs, but Karageorgos recommends they also call their insurance company to see how much the vehicle costs to insure.

"Usually, people have two or three types of vehicles they are looking at. Ongoing costs like insurance should be a factor in deciding what car you will buy."

For those confident in their conscientious driving, some Canadian insurance companies have introduced telematics, which can track your driving habits and provide personalized data that can help reduce your rates.

"It monitors how far you drive, what time of day you drive, how hard you brake, how fast you accelerate," Karageorgos said.

In the end, it all comes down to shopping around and finding the right coverage.

"Shop around and get various quotes at various levels of coverages and deductibles," Karageorgos said. "There can be a huge variance between insurance companies."

HUDSON'S BAY

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# Reduce the spread of germs

STUDY

## Web tool offers tips to modify handwashing behaviour

**Andrea Janus**
For Metro

**Studies have found that washing your hands is important to reduce the spread of cold and flu viruses.** SHUTTERSTOCK

It won't be long before the weather cools and public health campaigns start reminding us to ward off cold and flu this winter.

Frequent handwashing is typically one of the top tips for preventing both, and a new study suggests that a simple web-based tool could boost the practice and reduce the risk of catching and spreading illness.

Researchers in the United Kingdom found that a free online interactive program, called PRIMIT, which monitors handwashing frequency and offers feedback tips to modify handwashing behaviour, reduced the risk of infection by about 14 per cent.

Of the study's more than 16,000 participants, those who used the program also reported having fewer gastrointestinal illnesses, had to see their doctors less frequently, and did not need as many antibiotic prescriptions compared to those participants who did not use the program.

"Because most of the population catches coughs, colds, sore throats and other respiratory infections, this could have an important impact on reducing the spread of these viruses in the general population," Dr. Paul Little, lead study author from the University of Southampton, said in a statement.

The findings were published in the journal The Lancet.

The study's authors note that handwashing is "widely advocated" by the medical community to prevent the spread of respiratory tract infections. Their findings, they suggest, not only could be "an effective Internet intervention designed to increase handwashing," but also have "an important effect in reduction of infection transmission."

Such a program could be implemented during a pandemic to get a handle on the spread of disease, given widespread access to the Internet.

"The impacts aren't expected to be stopping cold and flus — they are expected to be reducing them, and they do demonstrate that," said Dr. Mike Allan, professor and director of evidence-based medicine at the University of Alberta's department of family medicine. "The effects are not big ... but they're present."

Such a program could easily be integrated into public health prevention strategies, Allan said, with physicians offering it on a television monitor or a computer in the waiting room.

# Public can peruse portals

Health and fitness apps generally help people stay on top of their diets and exercise regimens.

Now public health agencies are using apps and web portals to monitor flu activity and make it easier for average citizens to keep track of their own health records.

In 1996, the Public Health Agency of Canada (PHAC) launched FluWatch, its national influenza surveillance system, to collect data on laboratory-confirmed flu cases across Canada. Every Friday, the agency issues a report with the latest data on influenza activity and posts it to a dedicated web portal for the public to peruse.

The information lets health professionals get a sense of the severity of the flu season, but it also has much broader implications — the data is ultimately passed along to the World Health Organization to help it plan formulations for upcoming flu shots.

**Public health agencies are using apps to monitor flu activity.** SHUTTERSTOCK

Similarly, the U.S. Centers for Disease Control and Prevention track influenza activity and offer the data, as well as vaccination and prevention information, through its seasonal influenza app, available at the App Store or on Google Play.

While PHAC doesn't have a flu-tracking app, it has compiled all flu-related information at canada.ca/flu, and will typically ramp up vaccine awareness campaigns over the agency's Facebook and Twitter feeds.

The agency has developed an app called ImmunizeCA for Canadians to store their immunization records. Users can also get vaccination information and schedules, disease outbreak notifications, and a list of necessary shots before they travel.

ANDREA JANUS/FOR METRO

TIPS

## How to avoid getting sick

Whether it's a website, an app or a visit to your GP, the advice for preventing cold and flu will generally be the same:

### GET THE FLU SHOT

Each year, the flu shot is reformulated to include the strains expected to circulate during the coming flu season. Sometimes scientists miss the mark, but the shot will still offer some protection against illness, the Public Health Agency of Canada said.

### WASH YOUR HANDS

Germs are spread by hand-to-hand contact, or if you leave germs on doorknobs, keyboards or other shared equipment that is then touched by someone else.

**Gesundheit!** SHUTTERSTOCK

### SNEEZE MANAGEMENT

Cough and sneeze into your arm, not onto your hand. If you use a tissue, make sure it ends up in the garbage and wash your hands soon afterward.

### STAY HOME

You and your co-workers deserve a sick day. Don't bring your germs to work and risk infecting everyone around you. ANDREA JANUS/FOR METRO

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metro SPORTS
Your essential daily news

Milos Raonic won the St. Petersburg Open with a gruelling three-set victory over Joao Sousa

# A fitting home finale

MLB

## Donaldson comes through again for playoff-bound Blue Jays

The Blue Jays' celebrations continued on the field Sunday as Josh Donaldson's walk-off solo homer served up a wild ending to Toronto's regular-season home finale before another Rogers Centre sellout.

The ninth-inning blast to left field gave Toronto a 5-4 comeback win over the Tampa Bay Rays, the latest exclamation point in a year to remember for both Donaldson and the Jays.

"He's got that flair for the dramatic," said Toronto manager John Gibbons, whose team leads the majors with 221 homers. "He really does. He's done that so many times this year.

"Really it was a perfect ending for our home season this year, it really was."

Of Donaldson's 41 home runs this season, 27 have either tied the game or given Toronto the lead. He has three walk-off homers for the year — a franchise record — and has seven over the last three seasons. No other player has more than three.

"Ever since I was young, I've always looked forward to the big moments in the game," said Donaldson. "And I want to be able to come through.

"If it wasn't for my teammates today, I'm not even put in that position," he added graciously. "I think they did a great job of battling the entire time."

**Josh Donaldson follows through on his ninth-inning home run against the Tampa Bay Rays on Sunday at Rogers Centre.** FRANK GUNN/THE CANADIAN PRESS

**SUNDAY in Toronto**

| BLUE JAYS | RAYS |
|---|---|
| 5 | 4 |

Toronto outhit Tampa 10-6 in winning its fourth straight. The Jays close out the season on the road with four games in Baltimore and three in Tampa.

With a wild-card already assured, the goal is to win the American League East and secure home-field advantage. Toronto's magic number is four.

The Yankees defeated the White Sox 6-1 Sunday to remain four games behind the Jays in the AL East.

The Jays are tied with Kansas City for the best record in the AL at 90-65. Amazingly the Jays were 50-51 on July 28 while the Royals were 61-38.

Sunday's dramatic win followed the Jays' short but intense post-game celebrations Saturday to mark ending the club's 22-year playoff drought.

> **"He's got that flair for the dramatic. He really does."**
> Jays manager John Gibbons

"It got a little out of hand for the situation, after we had a talk before the game (Saturday) about just a toast and that was it," acknowledged Toronto starter Mark Buehrle, who stepped away from the festivities.

The champagne and cigars were put away Sunday, but Donaldson still needed a towel before the day was done.

After sending an 0-1 delivery from Steve Geltz (2-6) toward the left-field seats, Donaldson stopped, dropped the bat and then worked his way around the bases in front of a delirious crowd of 47,287.

Mayhem awaited him.

Donaldson was doused by Gatorade as he disappeared into a scrum of teammates upon crossing the plate, to chants of M-V-P. The third baseman was then doused with popcorn and assorted other liquids during his post-game TV interview.

Starter Mark Buehrle, who was 5-1 with a 2.94 ERA over his last 10 home starts, pitched six solid innings for the Jays. He gave up four runs on five hits with five strikeouts and one walk in a 90-pitch outing that featured 60 strikes.

THE CANADIAN PRESS

## MORE BASEBALL

**Yankees' wild-card magic number drops to three**

Luis Severino pitched five-hit ball for six innings Sunday and Dustin Ackley homered to lift New York's offence in the Yankees' 6-1 win over the Chicago White Sox.

**Royals keep pace in AL**

Francisco Lindor broke up Kansas City's no-hit bid with a bunt single off reliever Ryan Madson leading off the seventh inning, but the AL Central champion Royals beat the Cleveland Indians 3-0 with a five-pitcher two-hitter to keep pace with the Blue Jays atop the American League at 90-65.

**Harper and Papelbon scrap**

Bryce Harper and Nationals closer Jonathan Papelbon got into a fight a day after Washington was eliminated from playoff contention, tangling in the eighth inning of Sunday's 12-5 loss to last-place Philadelphia.

Harper and Papelbon exchanged words after Harper flied out in the eighth. Papelbon then reached for Harper's throat and shoved the outfielder before teammates pulled the pair apart.

THE ASSOCIATED PRESS

**Jonathan Papelbon grabs Bryce Harper on Sunday in D.C.** THE ASSOCIATED PRESS

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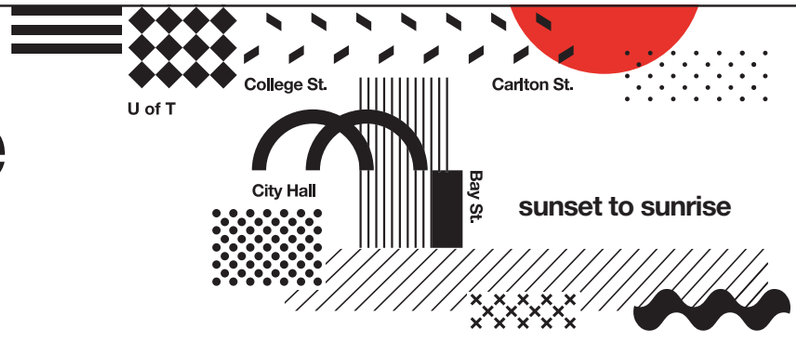


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# On the line: Leafs make tough cuts

NHL TRAINING CAMP

## Heralded rookie Mitch Marner sent back to OHL

**Devin Setoguchi was among those cut on Sunday at Leafs camp.** CARLOS OSORIO/TORSTAR NEWS SERVICE

Devin Setoguchi was almost near tears over the weekend, fighting that gnawing feeling that maybe he's no longer good enough for the NHL, that maybe the end is near.

Coming back from an alcohol abuse problem, he played two periods Saturday alongside Tyler Bozak and James van Riemsdyk on the Leafs' top line. Nothing was happening, though, and he was replaced in the third period by Leo Komarov.

"Personally I could have done a bit more on the forecheck," an emotional Setoguchi said after the game. "I could have won more puck battles, brought more pressure. So I'm a little disappointed."

Sunday, the cuts came:

Setoguchi and Curtis Glencross were released from their professional tryouts.

Highly heralded rookie Mitch Marner was returned to the OHL's London Knights, where he'll get a chance to dominate again, and an opportunity to play for Canada at the world junior tournament over Christmas.

Goalie Rob Madore was sent to the Marlies, whose camp opens Monday.

"Most players at this time of the year think you're heartless," Leafs coach Mike Babcock said. "Well, they think you're heartless all the time. I think you are at game time and at business time and hockey time. When you deal with them as people, it's all heart. You're trying to do the right thing for them as people.

"But you understand we're in the winning business, and it's (about) having the right people on the ice."

Setoguchi and Glencross had the odds stacked against them from the beginning. Both were older players without contracts on a team focused on a rebuild with more than enough forwards already under contract.

"Let's just say 'tie goes to the contract,'" Babcock said about an hour before the cuts were announced. "It just makes sense. They've got to take someone's job who already has a job. You've got to do more. You got to give us a reason.... I don't confuse the player with the person."

Veteran centre Brad Boyes and defenceman Mark Fraser — also on tryouts — are among the 42 players still in camp, including 23 forwards, 15 defencemen and four goaltenders.

TORSTAR NEWS SERVICE

NBA

# Raptors sign former No. 1 pick

**Anthony Bennett** GETTY IMAGES

The competition for jobs near the end of the Raptors' roster has become more interesting on the eve of training camp.

With little fanfare, and to no surprise because the move has been expected since Friday, Toronto has signed former NBA No. 1 draft pick and local product Anthony Bennett to a one-year, minimum contract worth about $950,000. The deal — coming after Bennett was waived and bought out of the final year of his rookie-scale contract by the Minnesota Timberwolves — throws the six-foot-eight forward into a big mix for one of the team's final roster spots.

The 22-year old Bennett is now the 20th player on the team's roster for training camp, which begins with media day Monday in Toronto before continuing in Burnaby, B.C., on Tuesday.

The Raptors are likely to wait until Monday morning to make the signing official, although Bennett used his Twitter account to announce it Sunday afternoon.

Bennett, who has struggled to find or develop a discernible NBA skill in two seasons with Cleveland and Minnesota, will have to earn a spot against the likes of untried rookies Norman Powell and Ronald Roberts.

TORSTAR NEWS SERVICE

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TOUR CHAMPIONSHIP

# Record $22 million payout for Spieth

At age 22, Jordan Spieth became the first $22-million man in golf Sunday.

Jordan Spieth capped off a dream season when he poured in putts from all over East Lake and closed with a 1-under 69 for a four-shot victory in the Tour Championship. That was all he needed to become the youngest player to capture the FedEx Cup and its $10 million bonus.

His fifth win of the year, including two majors, was worth $1,485,000 and allowed the Texan to set a PGA Tour record with $12,030,465. And if that wasn't enough, Spieth went back to No. 1 in the world.

His battle with Henrik Stenson long over, Spieth finished it off in fitting fashion. He made an eight-foot par putt that was never going anywhere but right in the heart.

"This is one I cannot wait to celebrate," Spieth said.

The first person to greet him was his little sister, Ellie, who keeps him so grounded. His parents, girlfriend, grandfather and high school friends from Dallas were in Atlanta to watch another amazing performance in a year filled with them.

Stenson couldn't do much about it.

On two holes around the turn with the Swede in tight for a certain birdie, Spieth matched him with a 20-foot birdie on the par-5 ninth and a 45-foot birdie on the par-3 11th. At that point, Stenson just stared at Spieth with a wry smile and patted him on the back.

"It's been a phenomenal year for him," Stenson said after a 72 to tie for second. "I watched it firsthand at the first two rounds at Augusta, and he played phenomenal and putted phenomenal. And it was the same putting display, really, today — just an exhibition on the greens, to be honest.

**"Boy, that putter sure paid off."**
**Jordan Spieth**

"His putting and mental focus is the best in the world. It's hard to argue that."

And there's no longer an argument for PGA Tour player of the year.

Jason Day had five victories, including his first major at the PGA Championship, and there was talk a sixth win and the FedEx Cup might put the Australian in the discussion. Not anymore. Spieth won the Masters and U.S. Open, missed a playoff by one shot at the British Open in his spirited run for the Grand Slam and was runner-up at the PGA. Along with winning the money list, Spieth won the Vardon Trophy for the lowest adjusted scoring average. THE ASSOCIATED PRESS

**Jordan Spieth** ATLANTA-JOURNAL CONSTITUTION VIA THE ASSOCIATED PRESS

# Bills take Dolphins by storm in Miami

**BIlls receiver Sammy Watkins rises above Dolphins defender Brice McCain on a reception attempt on Sunday evening at Sun Life Stadium in Miami Gardens, Fla. The Bills lost Watkins to a right calf injury and guard John Miller to a groin injury.** ROB FOLDY/GETTY IMAGES

NFL

## Ex-Fish get payback as Buffalo builds on strong start

Tight end Charles Clay outran a pursuing linebacker, juked past two defensive backs and left them all sprawling as he scored the Buffalo Bills' first touchdown barely three minutes into the game.

The rout was on.

**SUNDAY In Miami**

| BILLS | DOLPHINS |
|---|---|
| 41 | 14 |

Tyrod Taylor threw for 277 yards and three scores in his first NFL road start, and the Bills embarrassed the Miami Dolphins 41-14 Sunday.

The Bills totalled 429 yards, intercepted Ryan Tannehill three times in the first half, and led 27-0 before Miami scored late in the third quarter.

Taylor said the fast start was critical.

"We definitely know the challenges of the first road game — taking the crowd out of it," he said. "Mostly it was just going out there and executing."

Buffalo (2-1) bounced back from a dismal loss at home to New England. The Dolphins (1-2), who began the season with high hopes of ending a seven-year playoff drought, fell into last place in the AFC East with their second consecutive loss.

"It certainly starts with me, the accountability," said Miami coach Joe Philbin, who began the year with little job security. "I take responsibility.... We'll look at everything we're doing. There's no magic potion. If I had a magic potion, I would have brought it out earlier."

The loss was the most lopsided defeat in a home opener for the Dolphins, who are beginning their 50th season.

Buffalo improved to 5-2 against Miami over the past four years. The Bills are 18-26 against everyone else during that span.

The victory was especially sweet for former Dolphins Clay and Richie Incognito, who were co-captains for Buffalo.

Clay, whose TD reception went for 25 yards, signed as a free agent with Buffalo after four years in the Dolphins. Incognito played in Miami for the first time since his career was derailed for a year and a half when he was implicated in the Dolphins' bullying scandal.

"The last game I played on this field and everything that went down after it — definitely it left a bad taste in my mouth," Incognito said. "To come down and see the guys and compete against them and get a win, it's a great feeling."

Another ex-Dolphin, backup Bills receiver Chris Hogan, added a final insult when he caught a 38-yard touchdown pass in the fourth quarter.

The crowd included billionaire Warren Buffett, who hung out before the game on the Dolphins sideline wearing a No. 93 Ndamukong Suh jersey — and shoulder pads. After taking stock of the Dolphins, he would likely give them a sell rating.

Fans were booing after less than 12 minutes, and by the fourth quarter the stadium was mostly deserted. THE ASSOCIATED PRESS


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## AROUND FOOTBALL

Go to metronews.ca for more coverage of Week 3.

**STEELERS 12, RAMS 6**
Ben Roethlisberger was carted off the field with a knee injury in the second half and Pittsburgh's defence came through.

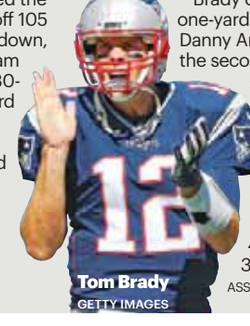
Le'Veon Bell scored from a yard out in the first half in his first game back after a suspension, but the Steelers' focus will be on the status of their star quarterback. Roethlisberger's leg got caught underneath him on a diving, sliding sack by Mark Barron.

**SEAHAWKS 26, BEARS 0**
One burst of speed from rookie Tyler Lockett ignited Russell Wilson, Jimmy Graham and the rest of the Seattle Seahawks after a sleepy start against Chicago.

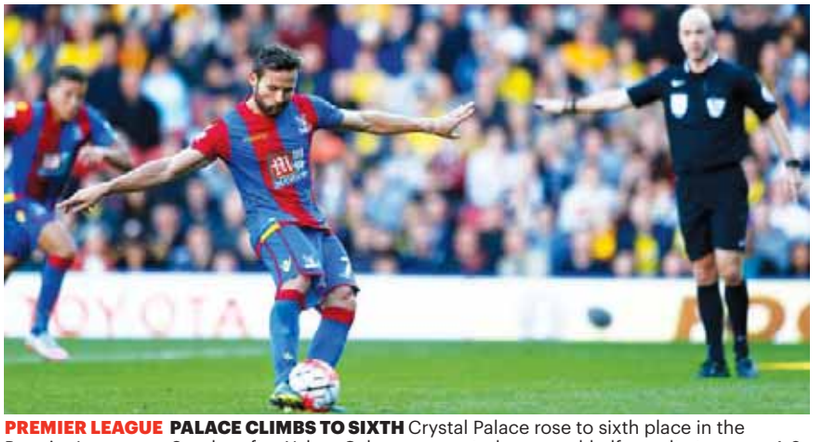
Lockett returned the second-half kickoff 105 yards for a touchdown, Wilson and Graham connected on a 30-yard TD in the third quarter, and the Seahawks routed the undermanned Bears Sunday.

**PATRIOTS 51, JAGUARS 17**
Tom Brady became the fourth quarterback in NFL history to throw 400 touchdown passes, connecting for a pair of scores.

Brady completed a one-yard TD pass to Danny Amendola in the second quarter and added a 13-yard touchdown to Keshawn Martin in the third. In all, Brady completed 33 of 42 passes for 358 yards. THE ASSOCIATED PRESS



**Tom Brady** GETTY IMAGES



**PREMIER LEAGUE PALACE CLIMBS TO SIXTH** Crystal Palace rose to sixth place in the Premier League on Sunday after Yohan Cabaye converted a second-half penalty to earn a 1-0 victory over hosts Watford. JULIAN FINNEY/GETTY IMAGES

## WEEKEND ROUNDUP

**Giovinco etches his name in MLS history**
Sebastian Giovinco broke the MLS single-season points record, assisting on two goals in Toronto FC's 3-2 win over the Chicago Fire on Saturday to push his total to 35. THE ASSOCIATED PRESS

**Bad news for Barcelona**
Lionel Messi tore a ligament in his left knee in Barcelona's 2-1 win over Las Palmas Saturday. The club's all-time top scorer will be out seven to eight weeks. THE ASSOCIATED PRESS

**Kane comes through vs. City**
Harry Kane scored his first goal of the season for Tottenham as Spurs roared back from a goal down to hammer Manchester City 4-1 in the Premier League on Saturday, sending City to second in the table behind Manchester United. THE ASSOCIATED PRESS

# Ireland gets real

RUGBY WORLD CUP

## After a pair of blowout wins, Greens ready for next level

Consider Ireland's confidence restored. Only eight days ago, there were doubts about the reigning two-time Six Nations champions entering the Rugby World Cup after backward steps in consecutive warm-up defeats to Wales and England.

Those wobbles have been banished after big wins in their first two Pool D matches: An opening 50-7 victory over Canada, followed on Sunday by a 44-10 defeat of Romania before another record Cup crowd at Wembley Stadium in London.

Irish eyes were smiling again, and though it was at the expense of Tier Two teams, Ireland hasn't put up these kinds of numbers since the 2011 Cup in New Zealand.

Banking two bonus-point wins was vital, coach Joe Schmidt said, because it puts Ireland in position to qualify for the quarter-finals with a win over Italy next weekend at the Olympic Stadium. The Italians will be a step up, but also emboldened because Schmidt believed they will be joined on Monday by captain Sergio Parisse, who has been healing a leg injury in France.

**Ireland's Devin Toner claims a lineout Sunday at Wembley.** MIKE HEWITT/GETTY IMAGES

"Our Rugby World Cup starts in earnest now," Schmidt said.

They will hit the ground running. Schmidt was delighted that, against Romania, a second-string side with 12 changes produced a bunch of players ready to make selection this week interesting. He singled out backs Keith Earls, Tommy Bowe, Simon Zebo and Darren Cave, prop Cian Healy making his first start since surgery on a prolapsed disc in his neck in May, lock Devin Toner, who made 11 tackles and stole a lineout throw-in, and stand-in captain Jamie Heaslip. THE ASSOCIATED PRESS

## CANCON

Canada is 0-2 in pool play at the Rugby World Cup after dropping a 23-18 decision to Italy on Saturday. The Canadians, who burst out to a 10-0 lead early, couldn't hold on to secure their first victory at the tournament. Up next for Canada is 2-0 France on Thursday.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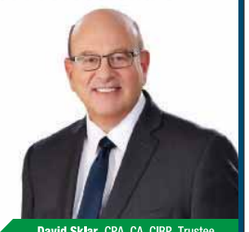
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# RECIPE Kale Chicken Salad

PHOTO: MAYA VISNYEI

**Ceri Marsh & Laura Keogh**
For Metro Canada

Can we pretend it's summer for just a few more days? A salad for dinner is an easy way to keep things light a little longer.

**Ready in**
Prep time: 15 minutes
**Serves 4**

**Ingredients**
- 2 boneless, skinless chicken breasts
- Salt and pepper to taste
- 1 small head of kale
- 1 Tbsp olive oil
- 1 cup blueberries
- 1 cup pecans, roughly chopped
- Dressing
- 1/2 cup crumbled goat cheese

**Directions**

**1.** Season chicken with a pinch of salt and pepper. Grill breasts on the barbecue or a grill pan for about 5 minutes a side until they are cooked through. Set aside.

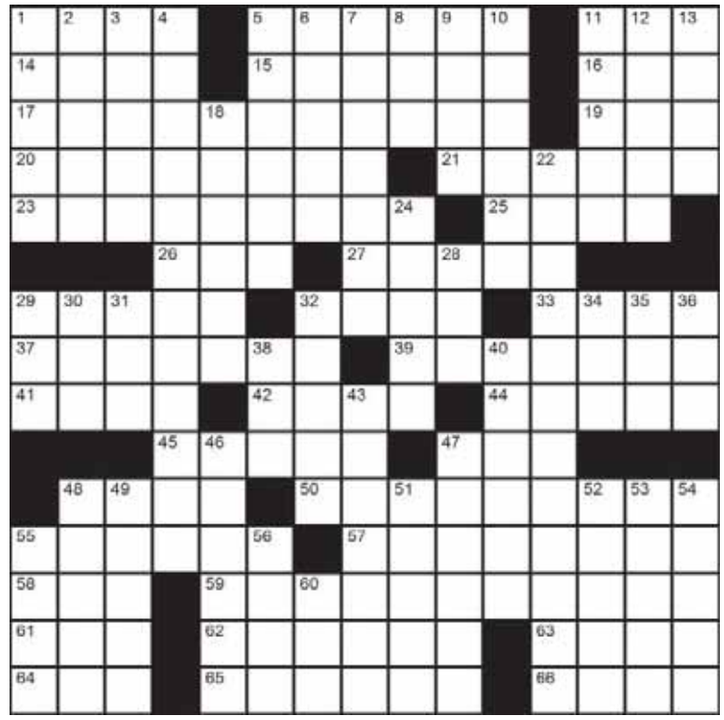
**2.** Wash kale and use a sharp knife to cut out the rib of each leaf. Slice the leaves horizontally into ribbons. Drizzle with a bit of olive oil, toss, then massage leaves for a minute or two.

**3.** Cut chicken into bite-sized pieces. Toss the chicken, berries and pecans in with the kale. Pour a small amount of salad dressing over and toss. Crumble the goat cheese over the salad. Place the extra dressing on the table for anyone who would like a little more on their salad.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



**ACROSS**
1. Ancient's 750
5. Takes time drinking: 2 wds.
11. Carpentry tool
14. Et __ (And others, in Latin)
15. Must pay someone: 2 wds.
16. Your, biblically
17. Mount Vesuvius destroyed Pompeii ... but what other town did it also bury in 79 A.D.?
19. Small, small-ly
20. Scotland's infamous monster: 2 wds.
21. Comfort from strife
23. Old-fashioned communication: 2 wds.
25. Hurry things along
26. Author, Anais __
27. Like porridge bits
29. "10" (1979) star Bo
32. Dynamites
33. Focuses
37. Sugar pill, in clinical trials
39. Cafeteria uniform requirement
41. Macbeth's burial place
42. Some PCs
44. Hosiery brand
45. Skin products giant
47. Nov.'s follower
48. Pasturelands
50. __ of North America (Nicknae given to Quebec City by English writer Charles Dickens because of its fortification)
55. Baggies brand
57. Verdi opera, La __
58. Blood-typing letters
59. Canadian actor whose films include Saving Private Ryan, The Green Mile and 61* in which he played baseball legend Roger Maris: 2 wds.
61. B'way's setting
62. Each
63. Reasoned
64. Impatient shout!
65. Paperback-purchasing person
66. Ballpark figs.

**DOWN**
1. Arlene and Roald
2. Demagogue of ancient Athens
3. Around, in dates
4. Island of Montreal waterway, a National Historic Site of Canada: 2 wds.
5. Earnest
6. "_ _ _ Teenage Werewolf" (1957)
7. CPP = Canada __ Plan
8. Opposite NNW
9. Giant of ancient Greek mythology
10. Rock band, Faith __ __
11. Bodybuilding legend Charles
12. Question of selection
13. Mr. Lovett
18. Dissimilar
22. Rare space event spotted by Earthlings: 2 wds.
24. Wood strips
28. Air†travel screening gr.
29. Printer resolution meas.
30. Bitty Brit band
31. Campaigned
32. "Ain't Too Proud __ __" by The Temptations
34. Beethoven's "Minuet __ _"
35. Ms. Ryan
36. Canonized titles [abbr.]
38. BBD = Bell __ DeVoe
40. "_ __..." (Bequeather's sentence-starter in a will)
43. __ _' (Restaurant occupation)
46. Meteorological map line
47. "Mad Men" guy Don
48. Where Tripoli is the capital
49. Era
51. Actress, __ Dallas Howard
52. Spanish appetizers
53. Pitching _ __ (Camper's task)
54. Some restaurant steak orders
55. Whacky
56. Superman's outfit part
60. Narrow inlet

# IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20
If you are not entirely happy with the way your life is going then do something about it. The lunar eclipse will make it easy for you to get rid of the old and make room for the new.

**Taurus** April 21 - May 21
Common sense will clash with ambition today. Be careful that your words and actions do not create resentment as it could cause problems down the road.

**Gemini** May 22 - June 21
Cosmic activity may be boosting your confidence but there are still some things that won't come easy. Don't take anything for granted because the moment you do is the moment things will go wrong.

**Cancer** June 22 - July 23
So many of the difficulties you have been experiencing recently will fade. There will, of course, still be times when you feel as if life is conspiring against you but accept it and deal with it. It's not a crisis.

**Leo** July 24 - Aug. 23
You are in a forgiving mood. But let others know you won't be taken advantage of. Don't give the impression that you are going soft!

**Virgo** Aug. 24 - Sept. 23
You need to accept that certain people and certain situations are too big for you to handle and focus instead on the things that you can have some effect on. Everyone has limits — work within yours.

**Libra** Sept. 24 - Oct. 23
Good things are happening now but don't take your luck for granted. The lunar eclipse will remind you how easy it is for things to fall apart. Not that they will, but it's a timely warning.

**Scorpio** Oct. 24 - Nov. 22
Disputes are likely and you will clash with someone in a position of authority. That's okay. The more you fight for your rights now the less likely it is you will be cheated later.

**Sagittarius** Nov. 23 - Dec. 21
Check the facts, both in your personal life and at work. You must not take anything at face value over the next few days, not even if it comes from a trusted source.

**Capricorn** Dec. 22 - Jan. 20
Good news is coming your way, but is it good news you can trust? The lunar eclipse warns that there could be a catch. You are skilled at spotting tricksters but today it won't be so easy.

**Aquarius** Jan. 21 - Feb. 19
You may be enthusiastic about what you are working on but don't take on too many tasks. People won't be amused if you fail to deliver what you promised.

**Pisces** Feb. 20 - March 20
Make sure you keep track of how much money you spend because you could easily get carried away and empty your pockets without much to show for it at the end.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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